

SA'S LEADING FOOD MAGAZINE

# FOOD & HOME

SEPTEMBER 2015 | R32,00 (R4,48 VAT incl.) | Other countries R28,07 (tax excl.)

ENTERTAINING

**SA CLASSICS  
GET A SHAKE-UP**

**LAMB CURRY CROQUETTES**

**MILK TART ICE CREAM**

**ROOIBOS CUSTARD**

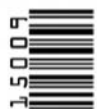
**60+**

**MOUTH-WATERING  
RECIPES  
INSIDE**

Sustainably farmed kabeljou with  
guava achar, spring salad and  
ciabatta toasts

**WE MAKE OVER  
BILTONG**  
LIKE NEVER BEFORE

**FOOD TO BRAAI FOR ...**  
EVERYTHING FROM SIZZLING SHISA NYAMA TO  
VA-VA-VOOM VEGAN DELIGHTS!



ISSN 1013-5551







# What window décor is practical and will add warmth to my kitchen?

– Denise, Kloof

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**Every window is an opportunity**



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# Contents

## SEPTEMBER 2015

### COVER STORIES

#### 58 BAKGAT BILTONG

This local favourite snack is added to fine-dining cuisine

#### 74 BRAAI DAY, THE VEGAN WAY

Braaiing isn't for meat-lovers alone. This year, we cater for all preferences

#### 80 LET'S GRAZE

Celebrating Heritage Day with a twist!

#### 90 A GATHERING OF THE PEOPLE

Imbizo Shisanyama's authentic food experience pays tribute to African tradition



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- instagram.com/foodandhomesa



**FOOD&HOME**  
ENTERTAINING

### FOOD

#### 44 IN SEASON

Pink, plump and palatable guavas

#### 50 SPRING FLING

Celebrating Spring Day and Arbor Week with wow-factor dishes inspired by nature

#### 98 MELTING POT

Bertus Basson at Spice Route restaurant is dipping into the past with modern flair

### FEATURES

#### 22 OH MY DARLING, CLEMENGOLD

The history and future of the easy-peeler of the soft-citrus world

#### 66 KEEPING IT IN THE FAMILY

One of SA's oldest and most established wineries, the Bosman Family Vineyards

#### 86 PARISIAN-STYLE PARTY

Anna Trapido reveals what's in store at the Hartiwood Food and Film Show

#### 108 THAT'S RICH

Enjoy International Chocolate Day with some 'ooh la la' Raymond Blanc treats

#### 116 HIGH STYLE

The deliciously chic Morrells Boutique Estate High Tea

### REGULARS

#### 3 ED'S LETTER

#### 11 FOOD BITES

News, trends, shopping, restaurants, decor, products and time savers

#### 30 DRINK UP

Get the latest liquid news and views

#### 36 BOOKS FOR COOKS

The latest on the cookbook shelves

#### 38 KITCHEN FILES

Tips, tricks and nice-to-know info

See page 10 for details

**EAT**  
the  
**COVER**  
with *one2one*



8

### ON THE COVER

Sustainably farmed kabeljou with guava achar, spring salad and ciabatta toasts

Recipe and styling by CLAIRE FERRANDI

Assisted by NOMVUSELELO MNCUBE

Photograph by GRAEME WYLLIE

#### 40 FRESH

Strawberry Fields Forever...

#### 126 RECIPE INDEX

#### 126 STOCKISTS

#### 126 TRIVIA ANSWERS

#### 127 SLICE OF LIFE

JD Pretorius, award-winning winemaker at Steenberg Estate

#### 128 TRIVIA

How well do you know your food?

### COMPETITIONS

#### 6 DEAR FOOD & HOME...

Share your views and win a Canon PowerShot S200 camera, worth R3 399

#### 36 WIN A COPY OF SPRING:

#### THE COOKBOOK

Five lucky readers can win a copy of Skye Gyngell's cookbook, worth R508

#### 96 SUBSCRIBE & WIN

Subscribe or renew your subscription and get 35% off F&HE, plus, this month, two lucky subscribers will each win a Champagne Louis Roederer and Riedel Stemware hamper, worth R9 000

#### 106 WIN WITH IVORY TREE

#### GAME LODGE

One lucky reader and a partner can win a three-night stay at Ivory Tree Game Lodge in the North West Province, worth R27 000

Photograph by Dylan Swart



# Soul food

**H**ave you ever noticed that the first question we ask people upon meeting them is, "What do you do?" It's a kind of auto-trigger mechanism in all of us; a need to 'categorise' someone and file them in our mental rolodex, in order to form an upfront opinion and decide whether our continuing conversation with them is going to last another minute, hour – or even a lifetime.

The same applies to when we consider a person's heritage. Society has pre-programmed us to immediately think of one's cultural background so we can slot them into a stereotypical frame.

Why not try doing things differently the next time you're introduced to someone? Imagine how much more fascinating – and fascinated – you would be if you began by finding out about the person's favourite childhood adventures and memories, particularly those related to food and aromas... When the mingled scents of ice cream, coconut oil and beach sand are adrift on salty sea air, I'm instantly transported back to being a little girl on holiday in Umhlanga, where I remember being as excited by the ocean as I was by a trip to Buxtons, a food emporium that enthralled me with its perfectly arranged shelves, each product more exciting than the one before!

After all, it's what lies in our culinary backgrounds and repertoires that plays such a large role in forming our emotional identities. One only has to look at Jean Anthelme Brillat-Savarin, whose hobby was gastronomy. He famously said, "Tell me what you eat, and I will tell you what you are." In his renowned work, *La Physiologie du Goût* (*The Physiology of Taste*) – published in December 1825, two months before he died – his statement that

"The pleasure of the table belongs to all ages, to all conditions, to all countries, and to all areas; it mingles with all other pleasures, and remains at last to console us for their departure," is as true as it is timeless.

What better motivation this Heritage/Braai Day on 24 September than to invite loved ones around and ask them to bring along a guest you don't yet know? Go on! And don't worry about the menu – we've waved our magic tongs and granted every culinary personality's wish. Far from feeling left out and forgotten, vociferous vegans will be the envy of committed carnivores with our food editor Claire's amazing spread on page 74. And, why not try out the sizzling shisa nyama dishes on page 90, courtesy of the inspiring Rita Zwane and her team at Imbizo Shisanyama. While you're shaking things up, throw in one of the tantalising twists on traditional SA dishes that we rustled up on page 80.

Suffice to say, there's simply no excuse not to get to know your guests over a lip-smacking lamb chop or a luscious lentil burger... and if you start to run out



The ocean beckons to five-year-old me in Umhlanga – and check out my snazzy corrie and shades!

of things to say, here's an unbeatable conversation igniter: "You know, I got this recipe from *Food & Home Entertaining*. Do you read it?"

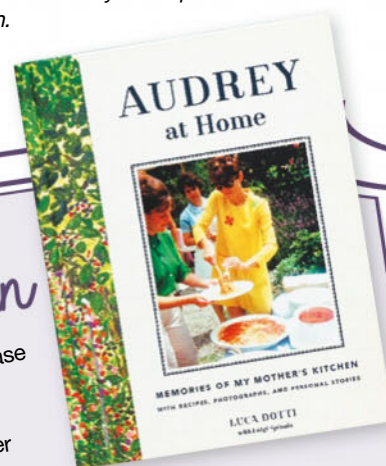
Here's to you and *F&HE*!

Andrea

PS. In case you're still wondering (but, I bet you weren't), Jean Anthelme Brillat-Savarin was a lawyer and politician by profession.

## My latest obsession

So much more than a cookbook, this recent release by Luca Dotti, is an ode to his inimitable mother, Audrey Hepburn. Lovingly and painstakingly compiled, *Audrey at Home*'s rich tapestry of her best-loved food includes copies of the late film star's carefully typed recipes and hand-written shopping lists, with anecdotes and treasured memories weaving priceless threads of memory around each dish. Assisted by journalist, Luigi Spinola, Luca's tribute to his beloved mother, the woman "behind that enormous black sheath and the large sunglasses" is palpable. As he so poignantly puts it, "... the notes in the margins of her favorite [sic] recipes matter as much as those in her scripts." Published by HarperCollins; recommended retail price, R510.





# Our contributors

**FOOD&HOME**  
ENTERTAINING



**Andrea van der Spuy**

**Photographer**

"Photography is inspiring, persuasive, bold, focused, innovative and excellently detailed." These are the reasons Andrea loves being a photographer. She gets energised from the idea of inspiring others, persuading them with the beauty of a photo and relaying a moment that tells a story. With extensive experience in food photography, Andrea has become a bit of a foodie herself. She loves that food photography encourages people to cook, share and come together.



**Chantel Dartnall**

**Chef**

Chantel Dartnall – voted Chef of the Year at the 2014 Eat Out Mercedes-Benz Restaurant Awards – has enhanced SA's international status as a gourmet destination, thanks to her meticulous approach to fine dining at Restaurant Mosaic at The Orient in Pretoria. Chantel trained in Michelin three-star restaurants under Nico Ladenis of Chez Nico at 90 Park Lane in London, and Michael Caines of Gidleigh Park in Devon. She creates dishes that taste as wonderful as they look.



**Jenny Handley**

**Journalist**

When not running her brand- and performance-training business, Jenny hops between writing business books, columns and tales of gourmet travel. She also finds time to top up her formal food- and nutrition qualifications with cooking courses in exotic destinations, from Thailand and Vietnam to Tuscany, France and Portugal. Her favourite food course was at Le Manoir, where she met Raymond Blanc and re-ignited her love affair with luxury... and chocolate.

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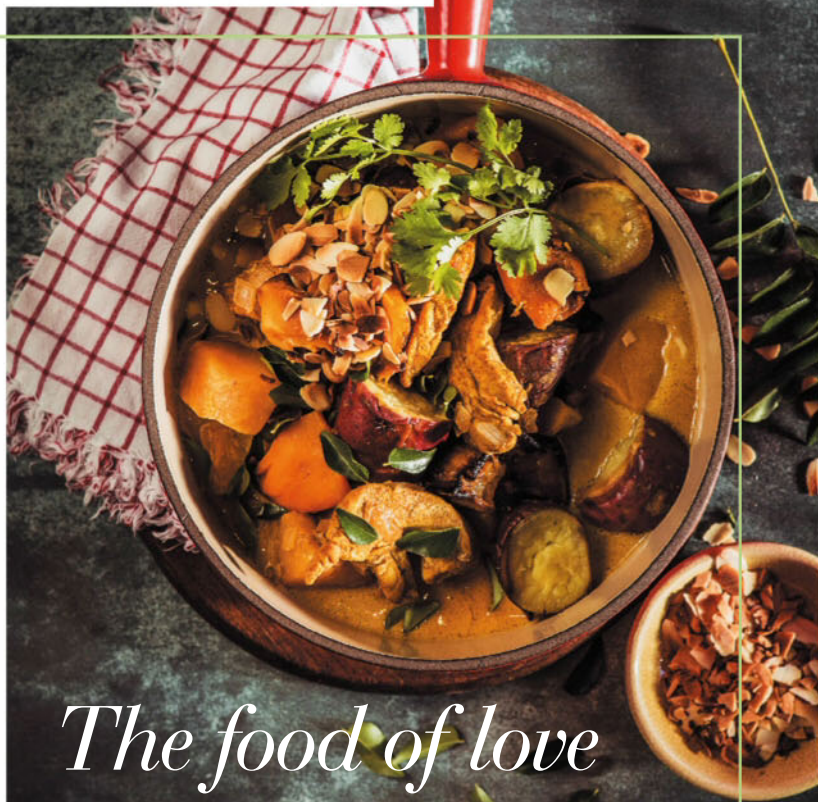
# Dear Food & Home

I had a great time cooking special meals for my superhero dad and my son, thanks to the June 2015 issue of *F&HE*. The Vietnamese chicken, sweet potato and butternut 'cari' on page 57 was exactly what I was looking for. I even put in the effort and made a curry powder myself! It was all worth it and everything came out perfectly. I wanted to show appreciation to my dad for everything he has done for me and my son – I almost thought my life was over when I fell pregnant at an early age with only my dad around. But, he never threw me out to the wolves.

“He ‘mothered’ both my baby and me. I’m everything I am today because of him.”

My little man has now grown into a fine gentleman – intelligent and respectful. I’m grateful to my dad and, above all, wish for my son to be to his own children what my father has been to us.

**Jacobeth Makala, Bronkhorstspuit**



*The food of love*

WINNING LETTER



ONLINE NOW!

TO DOWNLOAD THE LATEST ISSUE OF *F&HE* ONTO YOUR TABLET OR PC, VISIT [FOODANDHOME.CO.ZA](http://FOODANDHOME.CO.ZA) AND SUBSCRIBE TO 12 ISSUES FOR R234 – JUST R19,50 AN ISSUE. WHAT A BARGAIN!



Remember to sign up for our newsletter at [foodandhome.co.za](http://foodandhome.co.za). Packed with juicy news from our latest issue and divine giveaway goodies, it's the perfect pick-me-up!

WIN!

Next month's winning letter will receive this pocketable PowerShot S200 from Canon, worth R3 399. The PowerShot S200 delivers stunning image quality and easy access to manual settings in a modern, pocketable design – with a host of creative features for those seeking their next step in photography. Combining an ultra-wide angle bright f/2.0 lens, a higher-sensitivity 10.1 Megapixel CCD sensor and a PureColor II G screen with tempered-glass layer, the PowerShot S200 lets you capture the moments meant to last a lifetime and relive the experiences again and again with high-quality images. Share your favourite shots on social networks with its integrated Wi-Fi or conveniently back up your images to cloud services, including Flickr and Google Drive™.



**Canon**

**Write to F&HE and share your food experiences. Email [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za). F&HE reserves the right to edit letters and award prizes based on merit.**



# Worldwide FANS

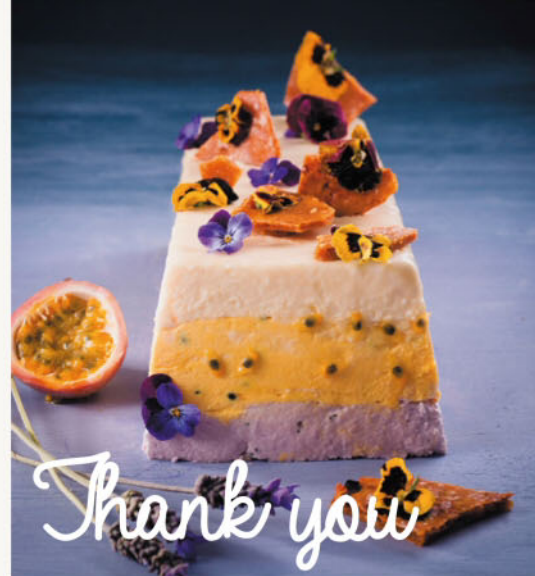
I wrote to you last year telling you how my brother (living in Canada, but visiting SA each year) had found your magazine and thought how great it was and, of course, took copies back with him (even though nearly overweight). I continue to get a copy each month (when doing my grocery shopping) – but, of course, when he arrived in SA this year, early June, he got the July issue before I could! So, just to let you know, *F&HE* is still being read and used internationally. Thanks for a wonderful magazine – when the July issue arrived at our home, my brother had already bought lots of kale (he is always looking for the in-season veggies)... So, thank you for the five delicious dishes with, as you say, 'winter's queen of greens'.

**Yvonne Bartholomew, Hillcrest**

I was very lucky and blessed to have won two nights at GrandWest's Grand Hotel in Cape Town when my letter was chosen as the winning letter in your May issue. We had a delightful weekend and were treated like VIPs. Our room was beautiful, cosy and warm and, the thing I loved most, was the oh-so-comfy bed!

On our first night there, we had the most delicious dinner at the exotic Bukhara Indian restaurant in the GrandWest Casino and the service was exceptional! For our entertainment, we were then treated to a Beatles revival show at the Roxy Revue Bar, which took us on a trip down memory lane and was a blast! The following morning, we had a scrumptious breakfast with freshly brewed filter coffee, which was also part of the prize. After breakfast, we went to the casino to try our luck at the slot machines and, after playing for 15 minutes, I hit a small jackpot and won R4 000! I could not stop smiling. A big thank you to *F&HE* and Sun International. *F&HE* is my favourite magazine and I enjoy reading it from cover to cover every month.

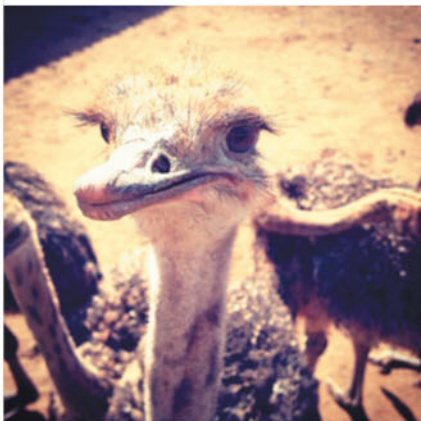
**Rachel Nortje, Randburg**



## WHAT WE'RE LOVING ON Instagram

WE TAKE A LOOK AT THREE PROUDLY SOUTH AFRICAN INSTAGRAMMERS, SHOWING OFF THE BEAUTY AND HERITAGE OF OUR COUNTRY THROUGH THEIR UNIQUE FEEDS

 **@made\_in\_the\_karoo**



An Instagram account that appeals to those who love fresh air and the open road, @made\_in\_the\_karoo, based on Le Bron farm, depicts the slow and peaceful life of the Karoo. Expect adorable ostrich chicks, action-shot sheep-shearing and breathtaking forsaken landscapes.

 **@cityofjohannesburg**



This fine Instagram account features a curation of beautiful Johannesburg city sites. Each sprawling urban landscape has its own unique beauty, as captured by the people who live and breathe the city every day. The pic featured was snapped by @stickylittleleaves.

 **@damianeditit**



Damiane van Reenen is among the best of the best with his artistic photography and design. This Port Elizabeth-based Instagrammer showcases not only iconic shots of the city around him, but also playful and imaginative snaps that create anything but a mundane Instagram feed.





Recipe and styling  
by CLAIRE  
FERRANDI  
Assisted by  
NOMVUSELELO  
MNCUBE Photographs  
by GRAEME WYLLIE



*Reasons why we love*

**onenineone**

AT HYATT  
REGENCY

- The restaurant has a signature show kitchen in which the chefs are the actors and the kitchen is their stage!
- Special dietary requirements? No problem — Chef Shaneil Dinna will happily create a bespoke dish to suit your needs and taste buds.
- onenineone's Private Dining Room is the ideal spot to host intimate, sophisticated and exceptional events.



## COVER DISH



### Sustainably farmed kabeljou with guava achar, spring salad and ciabatta toasts

Serves 4 **EASY** 45 mins

#### THE FLAVOUR COMBINATIONS GUAVA ACHAR

400g (about 4) fresh guavas  
1 green chilli, halved lengthways and seeded  
22,5ml (1½ tbsp) garam masala spice  
60ml (¼ cup) white spirit vinegar  
5ml (1 tsp) salt  
1 fresh/dried bay leaf  
small handful fresh dill, roughly chopped

#### SALAD DRESSING

30ml (2 tbsp) white wine vinegar  
juice of ½ lemon  
½ garlic clove, peeled and crushed  
5ml (1 tsp) Dijon mustard  
60ml (¼ cup) olive oil  
10ml (2 tsp) water  
salt and freshly ground black pepper, to taste

#### CHARGRILLED GUAVAS

2 guavas, cut into wedges  
15ml (1 tbsp) olive oil

#### CIABATTA TOASTS

100g butter  
15ml (1 tbsp) olive oil  
½ ciabatta loaf, sliced  
salt, to taste

#### FISH

30ml (2 tbsp) olive oil

100g butter  
600g farmed kabeljou/  
sustainable firm white  
fish, cut into 4 portions  
zest and juice of 1 lemon  
15ml (1 tbsp) fresh dill, roughly  
chopped  
15ml (1 tbsp) fresh flat-leaf parsley,  
roughly chopped  
salt and freshly ground black  
pepper, to taste

#### SPRING SALAD

2 avocados, halved and chopped  
5 (about 150g) mini cucumbers/½  
large cucumber, shaved into ribbons  
using a vegetable peeler  
60g baby herb salad leaves  
2 large carrots, peeled and shaved  
into ribbons using a vegetable peeler  
(optional)  
2 radishes, finely sliced (optional)

#### HOW TO DO IT

- 1 For the achar, bring a large pot of water to a boil. Add the whole guavas and cook, 20 minutes.
- 2 While the guavas are boiling, mix together the chilli, masala, white spirit vinegar, salt, bay leaf and dill in a bowl.
- 3 Allow the guavas to cool a little, about 10 minutes. Slice some into quarters and some in half. Mix the cut guavas with the vinegar mixture, mashing some of the guava flesh.
- 4 For the dressing, whisk together the white wine vinegar, lemon juice, garlic, mustard, 60ml (¼ cup) olive oil and water in a small bowl. Season to taste and set aside.
- 5 For the chargrilled guavas, heat a griddle pan or braai over high heat. Brush the guavas with the 15ml (1 tbsp) oil and chargrill, about 1 minute on each side. Set aside.
- 6 For the toasts, if braaiing, melt the 100g

TURN THE PAGE  
TO DISCOVER  
WHERE YOU  
CAN EAT OUR  
COVER DISH  
THIS MONTH

butter, mix with the 15ml (1 tbsp) oil and brush over the ciabatta slices. Toast on the braai over hot coals, 1 minute per side. If making the toasts on a stove, heat the butter and olive oil in a large griddle pan over high heat. Toast the slices in batches, about 1 minute per side. Sprinkle with salt to taste and set aside.

7 For the fish, if braaiing, melt the 30ml (2 tbsp) olive oil and 100g butter together. Brush over the fish and braai the fish over hot coals, about 3 minutes per side. If cooking the fish on the stove, melt the olive oil and butter over high heat in a large frying pan. Fry the fish in batches, 3 minutes per side. Once the fish is cooked, squeeze over some lemon juice, sprinkle over the lemon zest, dill and parsley and season to taste.

8 To assemble, toss the the salad ingredients in the dressing and arrange on 4 plates or a large serving platter. Either cut the fish into smaller portions or serve as larger portions and arrange alongside the salad, together with the chargrilled guavas and ciabatta toasts.

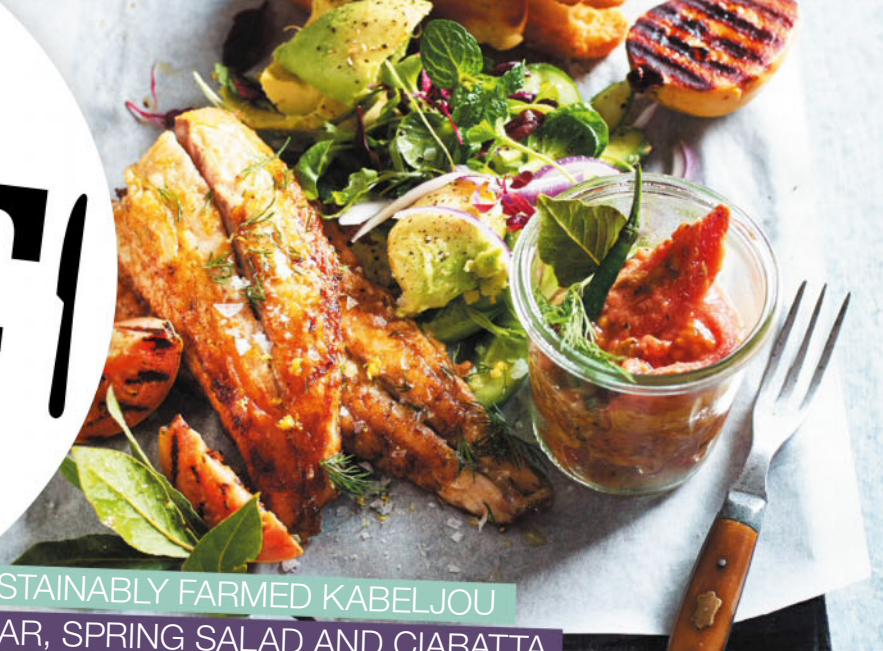
“ This dish is best shared with friends at a casual get-together – serve the crunchy toasts alongside the zesty salad, smoky braaiied fish and a dollop of the wonderfully unique guava achar. ”





# EAT the COVER

with **onenineone**



ENJOY OUR SUSTAINABLY FARMED KABELJOU  
WITH GUAVA ACHAR, SPRING SALAD AND CIABATTA  
TOASTS AT **onenineone** THIS MONTH!

**onenineone** AT HYATT  
REGENCY, JOHANNESBURG



**onenineone** is a stylish, modern restaurant that is the sensation of Johannesburg – a cosmopolitan setting with a modern, ethnic surrounding boasting a menu reflecting the inspired cuisine that is the trademark of this superb restaurant. Seeking its inspiration from all over the world, the dishes are eclectic, offering the discerning guest a variety of cuisine with unique South African flair. The extensive wine list of more than 170 local and international labels, available by the glass, will satisfy even the most extensive testing of wine connoisseurs by complementing choices. Our seasoned manager will impart expert advice, helping you select the perfect libation for your exquisite meal.

**onenineone** also offers a contemporary, understated and stylish private dining room, which hosts Hyatt Regency Johannesburg's premium wine cellar and allows guests the chance to engage in a more intimate, private and exclusive setting. It is available for group bookings of up to 12 people. With the dining room's adjacent private terrace, it is the perfect setting for food, wine and cigar enthusiasts.

All in all, **onenineone** is the ideal spot to enjoy a quick drink or meal with colleagues, or a great evening out with friends in a relaxed and informal atmosphere.

**BOOKINGS:** 011-280-1234;  
[johannesburg.regency@hyatt.com](mailto:johannesburg.regency@hyatt.com)



**Chef  
Shaneil  
Dinna**



Our September cover dish will be served at the above restaurant from 10 August – 14 September 2015.



# foodbites

news • trends • shopping • restaurants • decor • products • time savers

## Trending: Sprouts

Styling by CLAIRE FERRANDI  
Assisted by NOMVUSELELO MNCUBE  
Photograph by DYLAN SWART







## Trending

### HOW TO SPROUT

Soak your dried seeds (beans and/or grains) in a wide-mouthed jar fitted with a piece of cheesecloth large enough to cover the opening and held on with the jar's metal ring or a piece of string. Cover the seeds to be sprouted with 3 times the amount of water than the seeds in the bottom of the jar and allow to soak, 24 hours. After 24 hours, discard the water through the cheesecloth and rinse the seeds with fresh water, morning and evening, discarding the water after each rinse. The seeds should be damp, but not immersed in water. Store on

your windowsill. The purpose of the cheesecloth is to aid in rinsing as the water flows easily through it. After 3 – 5 days, your sprouts will be ready. You know they are ready when they have tripled in size from their original volume. Once sprouted, store in the fridge, covered.

### BEST FOR SPROUTING

Dried chickpeas, sunflower seeds and dried lentils.

### SERVING SUGGESTION

Enjoy blanched and tossed with butter and salt, or use raw sprouts as a salad topping.

## Citrus and rosemary iced tea

*This refreshing drink is perfect served over lots of ice on balmy spring days*  
Makes 1L **EASY** 20 mins + 1 hr, to chill

### THE FLAVOUR COMBINATIONS

2 Five Roses Lemon Flavour tea bags

1L (4 cups) water

160g castor sugar

3 sprigs fresh rosemary + extra, to garnish

juice of 5 naartjies + extra wedges/slices, to garnish

juice of 1 lemon

ice, to serve

### HOW TO DO IT

1 Place the tea bags, water, sugar and rosemary in a medium saucepan. Bring to a boil over high heat and, once the mixture begins to boil, remove from heat and allow to stand, 2 minutes, stirring occasionally to dissolve the sugar.

2 Remove the tea bags from the liquid and stir in the naartjie- and lemon juice. Allow the mixture to cool a little, 15 minutes, before refrigerating to chill, at least 1 hour.

3 Serve over ice in glasses garnished with naartjie wedges/slices and rosemary.





## LE CREUSET KNIVES

This fantastic new knife range has blades made from damask steel and comes with three different handle options, namely stainless steel, olive wood and black plastic. Prices range from R1 130 to R2 640.

[lecreuset.com](http://lecreuset.com)



**QUAKER OATS HEAPS OF FRUIT** has real fruit pieces and wholegrain oats. It is available in four delicious flavours and comes in a handy sachet. All you have to do is add milk and microwave for 2 minutes and your day is off to a good start. "Don't just wake up, Quake up!" Available at select retailers for R44,99 per box (containing 8 sachets).

# KOa

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|    |     |               |                 |       |
|----|-----|---------------|-----------------|-------|
| 10 | Mon | 09:00 - 10:30 | 3-5 year olds   | R 250 |
| 10 | Mon | 12:00 - 14:00 | 6-8 year olds   | R 250 |
| 14 | Fri | 09:00 - 11:30 | 9-12 year olds  | R 300 |
| 14 | Fri | 12:00 - 15:00 | 13-16 year olds | R 350 |

### SEPTEMBER CLASSES

|    |      |               |                    |       |
|----|------|---------------|--------------------|-------|
| 15 | Tues | 09:00 - 13:00 | Chocolate Workshop | R 550 |
| 26 | Sat  | 09:00 - 13:00 | Mediterranean      | R 550 |
| 28 | Mon  | 18:00 - 21:00 | Plating like a Pro | R 450 |
| 29 | Tues | 09:00 - 13:00 | Foods of the Bible | R 550 |

### OCTOBER CLASSES

|    |       |               |                  |       |
|----|-------|---------------|------------------|-------|
| 6  | Tues  | 09:00 - 10:30 | 3-5 year olds    | R 250 |
| 7  | Wed   | 09:00 - 11:00 | 6-8 year olds    | R 250 |
| 8  | Thurs | 09:00 - 11:30 | 9-12 year olds   | R 300 |
| 9  | Fri   | 09:00 - 12:00 | 13-16 year olds  | R 350 |
| 13 | Tues  | 09:00 - 13:00 | Healthy Desserts | R 550 |
| 27 | Tues  | 09:00 - 13:00 | Healthy Pasta    | R 550 |

### NOVEMBER CLASSES

|    |      |               |                   |       |
|----|------|---------------|-------------------|-------|
| 10 | Tues | 09:00 - 13:00 | Festive Christmas | R 550 |
| 24 | Tues | 09:00 - 13:00 | Holiday Cooking   | R 550 |

## coalition!

KOa offers a variety of **teambuilding** events that can be customised to your unique requirements!

**smells like  
team spirit**

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**VENUE** Centurion Academy  
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GPS S25° 51' 22" E28° 10' 57"

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*Dedicated to excellence in healthy eating*



# Bottoms up!

STOCK YOUR HOME BAR WITH THE LATEST IN BEER, CIDER, MALT AND ON-TREND GADGETS

## DEVIL'S PEAK BREWERY

Aiming to produce real, flavoursome, quality craft beer, the Devil's Peak brewing company's barrel-aged programme boasts speciality beers. Devil's Peak is available in 8 different flavours at a price ranging from R30 to R35 per bottle. [devilspeakbrewing.co.za](http://devilspeakbrewing.co.za)



## PYLONES BEER BUCKET

This retro bucket includes bottle openers around the edges so you're always ready to pop one open! R1 249,95 [pylones-sa.co.za](http://pylones-sa.co.za)



## THE NEW SAVANNA CIDER BOTTLE

With its crown, shoulders, debossing and label, the new Savanna Premium Cider bottle is guaranteed to stand out! Available at a recommended retail price of R66,95 per six-pack or R239,95 per case, at major retailers. [savannacider.co.za](http://savannacider.co.za)



See our delicious Savanna Dry salad-dressing recipe on page 42!

## WINDHOEK PREMIUM DRAUGHT

After the launch of their new packaging in 2014, Windhoek wants you to know what is in your beer! Windhoek uses only the best imported ingredients. It is available at select retailers at R69,95 for a six-pack of 440ml cans or R13,50 for a 660ml bottle. [nambrew.com](http://nambrew.com)



## CASTLE MILK STOUT

The new Castle Milk Stout is not only good for drinking, it is also great in recipes and now comes in a tasty chocolate infusion! Available in 340ml at R34,99 per six-pack, 440ml at R41,67 per six-pack, and 750ml at R23,50 per six-pack, at all major retailers. [castlemilkstout.co.za](http://castlemilkstout.co.za)



## FAYROUZ SPARKLING MALT

When you blend the malt used for brewing beer with natural fruit flavours, you get a new category: Sparkling Malt. Fayrouz Sparkling Malt is the premium and adult alternative to soft drinks. It's all natural, alcohol-free and comes in both pear and pineapple flavours. Available at SPAR stores nationwide for R10,99 (330ml can) and R11,99 (330ml bottle). [fayrouz.com](http://fayrouz.com)





BLOGGER OF THE MONTH *andyfenner.com*

FEARLESS, PASSIONATE WITH A TOUCH OF CRAZY – ANDY FENNER, THE MAN WHO EATS PROPER MEAT, HEATS UP OUR PAGES THIS HERITAGE MONTH WITH HIS MEATY PHILOSOPHY ON FOOD

**My day to day is running our butchery, Frankie Fenner Meat Merchants, in Cape Town.** I have packed everything else up, but it's the writing I miss most (I used to do brand consultancy with my wife, Nicole). So, the blog is a natural way for me to still jot down some thoughts when I have time. Which is hardly ever...

**My career is based around meat,** which is a very natural part of the regular South African's make-up. A braai is as South African as anything. That said, I wish we would relish the way we consume meat. I think, as a nation, we consume far too much. **I am obsessed with quality, rather than quantity.** I want people to eat less meat, but eat better meat. Every single time I cook meat, I make sure it is a celebration.

Meat is a luxury item and it should be celebrated that way. Eating it out of habit has become the norm, sadly.

**My top three braai tips would have to be:** buy the best meat you can and do as little to it as possible, in terms of seasoning. Don't be shy to experiment: 'flap' meats, like flank or inside skirt steak, are incredible on a BBQ, and think about the sides – they shouldn't be an afterthought; they need to be complementary to the meat. Of course, it is not only about the meat. You need to have certain equipment to make the perfect piece of meat. I recommend having a meat thermometer, an injection for brining meat and a decent deboning knife. These tools combined with my tips will render you ruler of the braai!



**ESSENCE CATERING**

**The Thyme is now.**

Sole & velouté sauce, Fried pear potatoes, Balsamic vine tomatoes, Teardrop cauliflower, Carrot & Shaped baby marrow, Butter fried asparagus.  
Created by Executive Chef Brett Ladds at Essence catering.

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# EAT OUT

## CORNUCOPIA, JOBURG

A cornucopia or 'horn of plenty' is a symbol of abundance and nourishment – and this hidden gem, owned by Danny Naidoo and his wife, Gonie, promises just that. Combined with a spaza shop, its walls adorned with heavy wooden frames, the restaurant area boasts characterful wooden slats, brick and mismatched chairs. A kaleidoscope of mosaic lamps decorate the ceiling, while the teal walls provide a cheerful colour scheme. Patrons gabble away over thick, flavourful curries, loaves of hearty bunny chow... Head chef, Phillemon Hlahletji, and his assistant, Michael Ncube, learnt their trade from an Indian chef specialising in North Indian cuisine, resulting in some mean-tasting curries, their speciality being Durban-style curries. We start with a refreshing mango lassi and crisp samoosas. The butter chicken easily rivals some the best I've had, while my partner describes the Durban-style lamb curry as 'moreish and fiery'. And, don't miss the paneer palak, tempered with Cornucopia's secret spices! Also open for breakfast (basic offerings with an Indian twist), the restaurant caters for all tastes. Danny and Gonie base their culinary philosophy on three ideas: fresh, home-cooked and simple. They close at 6pm so get your takeaway orders in early! At Cornucopia, there is never a 'dhal' moment. Dunkeld West Centre, corner Jan Smuts and Bompas; 011-268-1937; [cornucopiadunkeld.co.za](http://cornucopiadunkeld.co.za). *By Jessica Oliver*



## OLD TOWN ITALY, UMHLANGA

New bambino on Umhlanga's block, Old Town Italy is as authentically Italian as you can hope to find this side of the Mediterranean. A restaurant – Café Italiano – and food emporium in one, it occupies an unlikely spot among car showrooms. Step inside though, and you're transported to a bustling Italian market square. Temptation waits at every turn – at the artisanal bakery, the wall of wine and beer, and at the cheese counter, where great wheels of proper Parmesan stare you in the face. Best to not shop for food on an empty stomach, so start with an excellent meal in the café. We've been twice and recommend tagliatelle al funghi e tartufo, gnocchi al Gorgonzola, melanzane alla Parmigiana and lasagne Emiliane. For dessert, choose from the delectables displayed in the pasticceria (bakery), like the heavenly olive oil cake. Top marks, though, to the gelato – home-made artisan ice cream in the true Italian tradition. *Deliziosa!* 39 Meridian Drive, Meridian Park, Umhlanga Rocks, Durban; 031-566-5008; [oldtown.co.za](http://oldtown.co.za). *By Andrea Abbott*

## TOKARA DELI, CAPE TOWN

Spring has sprung! And what better way to celebrate the good weather than by spending the day at Tokara Deli? There's something casual and relaxing about walking into that bright, open space. Our lunch began with a mixed platter for two: chef's selection of prosciutto, salami, chorizo, bresaola served with caperberries and freshly baked bread. It was such a big spread that we feared there might not be enough room for the rest of the meal! My friend had a spiced calamari and papaya salad (with pickled red cabbage and spiced lemon dressing), an unusual combination that worked well. Meanwhile, I had the smoked-salmon pizza (with buffalo-milk mozzarella and mascarpone), which came straight from the new wood-fired oven and had a light, crusty base that compelled me to finish the whole thing. The Deli Shop features a tempting array, from breads and cheeses to handmade chocolate truffles. Another option is the 10th annual Wine Made Art exhibition (ends January 2016). Here you can see how good food, good wine and good art all come together to make a good life! Helshoogte Pass, R310, Stellenbosch; 021-808-5950; [tokara.co.za](http://tokara.co.za). *By Eugene Yiga*



# Dates for the diary...

## 11 – 13

September 2015. Hartiwood Food and Film Show at the French Toast Coffee Café, Hartbeespoort. Experience gourmet cinema, artisan food and a mini Eiffel Tower! [hartiwoodfoodandfilmshow.co.za](http://hartiwoodfoodandfilmshow.co.za)

## 17 – 20

September 2015. The Pretoria Homemakers Expo. Market-leading exhibitors will cover decorating and renovating needs! Tickets cost R50 for adults and R30 for pensioners. [homemakersonline.co.za](http://homemakersonline.co.za).

## 18

September – 8 November 2015. The Zone @ Rosebank's *Titanic: The Artefacts Exhibition* brought to you by *People Magazine* will be displaying authentic artifacts recovered from the famous shipwreck. [titanicexpo.co.za](http://titanicexpo.co.za)

## 24 – 27

September 2015. The Garden Show at The Royal Showgrounds in Pietermaritzburg boasts a gourmet food hall and inspired garden designs. Tickets cost R55 for adults, R35 for children under 12 and pensioners. [computicket.com](http://computicket.com); [gardenshow.co.za](http://gardenshow.co.za)



## THE WHIRLPOOL IXELIUM HOB

carries a 10-year warranty and proves that the iXelium range of gas hobs is perfect for cooking and cleaning with ease. Plus, the clean design adds style to any kitchen.

Available at leading retail outlets for R12 999; [whirlpool.com](http://whirlpool.com)



## THE BIG MATCH

Dressed in proudly South African designs, the Lion Safety Matches Jumbo Packs are suitable for outdoor- and home use. These high-quality matches will never let you down, whether it's at a braai or during a load-shedding bout! Available at all leading and independent retailers nationwide for only R4,95 per box. [lionmatch.co.za](http://lionmatch.co.za)

## THIS TIN IS A WIN!

As a part of their series of South African Collector's Edition tins, The Lion Match Company has recently launched (just in time for Heritage Day) a newly designed Firelighter Tin. Not only does it come with a resealable bag of 12 firelighters, it's also a useful spot to store your Lion Safety Matches. Available for R38,99 at all leading and independent retailers nationwide. [lionmatch.co.za](http://lionmatch.co.za)







# MARKET OF THE MONTH:

WRITER SARAH GURNEY LIVES IN CAPE TOWN, AND WOULD GLADLY START AND END EACH DAY WITH DESSERT. AS LONG AS THERE WAS CHEESE SOMEWHERE IN BETWEEN

## ORANJEZICHT CITY FARM MARKET

There was mild panic, for a while, in the organic-farming circles in Cape Town. The Oranjezicht City Farm Market was, for the second time, looking for a home. Towards the end of 2014, red tape and zoning issues meant it had to close, much to the distress of those unable to purchase their organic kale on a Saturday morning. Western Cape Premier, Helen Zille, came to the rescue, offering her official residence, Leeuwenhof, as a summer venue.

But, where was the market to go for the winter months? Granger Bay was the answer: a place where market-goers can

How many other markets offer such an abundance of fresh produce and prepared delicacies at surprisingly reasonable prices with a sea view? Not many, I'd wager. Oh! Also – dogs are allowed. A fun outing for the whole family.

The Cape Town market scene has been somewhat flooded of late, with new markets popping up at a rapid rate. In the midst of this hype, the Oranjezicht City Farm Market is a great example of the value of doing things beautifully.

Despite some trepidation, this hasn't changed with the move to the new venue. The vendors I chatted to were very positive about

“How many other markets offer such an abundance of fresh produce and prepared delicacies at surprisingly reasonable prices with a sea view?”

wander from marquee to marquee, browsing an abundance of fresh organic produce and sampling delicious breads, cheeses, pestos, Lebanese meze, Italian flatbreads, as well as the most spectacular array of gelato, tarts, cakes and pastries. And, if your interests extend beyond the culinary, you can buy exquisite fresh flowers and local crafts.

If the rain keeps a respectful distance, there are tables on the lawn outside where you can sit under colourful bunting (a trend that no amount of Pinterest overkill can eradicate), sipping on your coffee and watching the waves roll in.

the Granger Bay spot, which is central, weather-friendly and has no shortage of parking. “It's absolutely fabulous,” enthuses Landie Sutherland, who runs the Basics Food Passion stall, where she makes toasted piadinis (Italian flatbreads) filled with your choice of basil or tomato pesto, roasted tomato, mozzarella, olives, chicken, bacon or avo. This is not a stall you want to miss!

Go on – take your pooch on an outing, bring your basket to stock up on organic produce and sip on a steaming latte while watching the ocean.



### Basics Food Passion's toasted piadinis

Makes 4 EASY 15 mins

**4 ready-made flatbreads**  
**120ml olive tapenade**  
**160g tinned artichoke hearts**  
**160g halloumi cheese**  
**200g mozzarella, grated**

1 Spread out your flatbreads.

2 Fill one half of each flatbread with olive tapenade, artichokes, halloumi cheese and grated mozzarella.

3 Fold the other half over the filling and press flat.

4 Toast your piadini in a George Foreman grill or a hot frying pan and then flip over to toast the other side.

5 Remove when golden brown and the mozzarella has melted.

OZCF Market, Granger Bay, Cape Town. Open Saturdays from 9am – 2pm; ozcf.co.za



# FENUGREEK

**M**ake your garden smell like it's Pancake Day every day with this versatile plant, which gives off the aroma of maple syrup! Used as a herb, vegetable and spice, fenugreek is indigenous to the Mediterranean and widely grown across Europe, the Middle East and Asia. Although it has a variety of culinary uses, it is also a popular natural medicine used in aiding digestive problems, controlling blood cholesterol and sugar levels, as well as assisting lactation in breastfeeding moms, and can be taken in many forms – from tea to capsules!

## HOW TO GROW

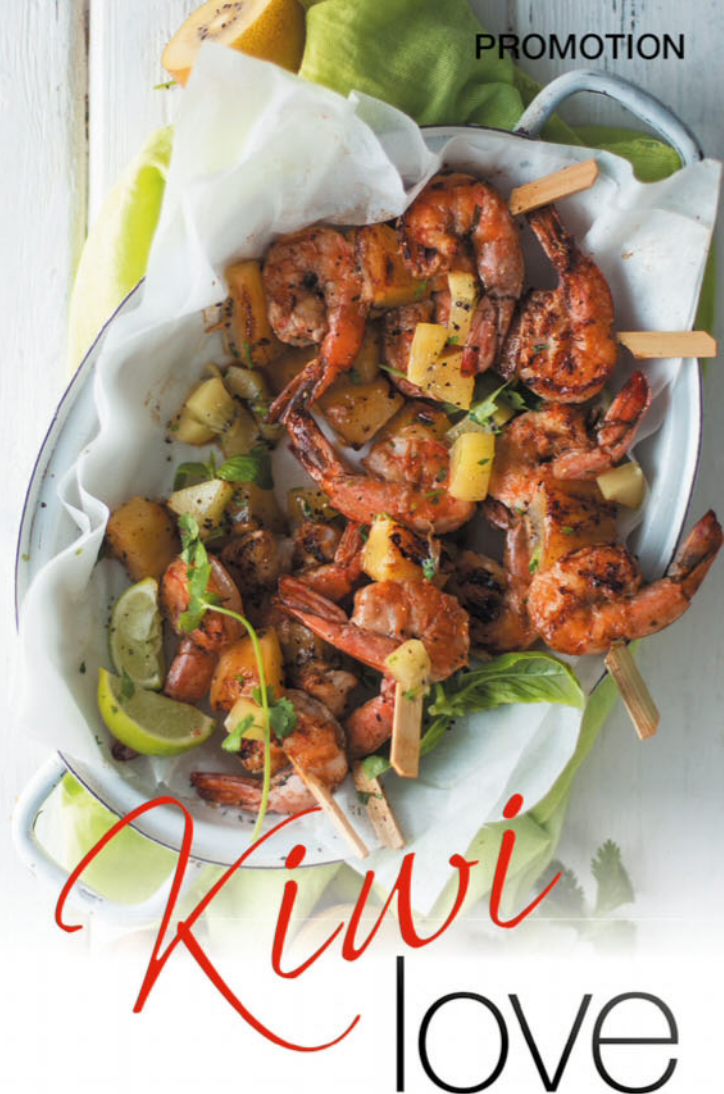
Best planted in spring – when any threat of frost has passed – fenugreek will grow to about 60cm in height and, if maintained correctly in a sunny spot with well-drained soil, will flourish with white to yellow flowers and long seed pods.

## DID YOU KNOW?

Because fenugreek has a similar taste to maple syrup, it is often used as a flavouring agent in imitation maple syrup as well as to disguise the taste of medicines.

## IN THE KITCHEN

Traditionally, fenugreek seeds are the most common part used – especially in the preparation of chutneys, curry powders and pickles. Get the best flavour out of the seeds by grinding them into a powder or dry-frying them in a hot pan. An alternative to curry leaves, fenugreek leaves add a spice kick to curries, dhals and other Indian dishes.



POP THESE DELICIOUS KEBABS ON THE BRAAI AND GET YOUR DOSE OF NUTRIENTS AND FLAVOUR WITH ZESPRI SUNGOLD KIWIFRUIT

## Braaied prawn and SunGold Kiwi kebabs

Serves 4 **EASY** 15 mins + 2 hrs, to marinate

15ml (1 tbsp) sesame oil + extra, to brush  
zest of 1 lemon  
15ml (1 tbsp) fresh basil leaves, finely chopped + extra, to garnish  
5ml (1 tsp) soya sauce  
salt and freshly ground black pepper, to taste  
500g king prawns, peeled and tails left on  
6 Zespri SunGold Kiwifruits, peeled and cut into chunks

fresh coriander, to garnish  
lime wedges, to serve

basil, soya and seasoning. Add the prawns, cover and refrigerate to marinate, 2 hours.  
**2** Preheat the grill or braai.  
**3** Thread the marinated prawns and Zespri SunGold Kiwifruit chunks onto skewers. Brush the Zespri SunGold Kiwifruit with a little extra oil.  
**4** Place the kebabs on the grill or braai and cook until the prawns are just cooked through, 1 – 2 minutes on each side. Garnish with fresh basil and coriander. Serve with lime wedges for squeezing.

**1** In a medium bowl, combine the sesame oil, lemon zest,





# SA classics reimagined

PICK N PAY IS CHANGING THINGS UP THIS HERITAGE DAY. HERE, TWO SOUTH AFRICAN FAVOURITES GET AN EXCITING, SCRUMPTIOUS TWIST

## Creamy peri-peri chicken livers with pan-fried mealie-meal gnocchi

Serves 2 **A LITTLE EFFORT** 45 mins

### CREAMY PERI-PERI CHICKEN LIVERS

30ml (2 tbsp) PnP Extra Virgin Olive Oil  
1 onion, peeled and chopped  
1 garlic clove, peeled and crushed  
10ml (2 tsp) PnP Paprika  
250ml (1 cup) dry white wine (optional)  
45ml (3 tbsp) PnP Garlic Peri-Peri Sauce  
1 x 400g tin PnP Chopped Peeled Tomatoes  
1 fresh/dried bay leaf  
125ml (½ cup) PnP Fresh Cream  
5ml (1 tsp) PnP White Sugar  
30g PnP Salted Butter  
250g PnP Fresh Chicken Livers, patted dry  
salt and freshly ground black pepper, to taste

### MEALIE-MEAL GNOCCHI

500ml (2 cups) water  
60g PnP Maize Meal  
3 (about 500g) PnP Potatoes, peeled, boiled and mashed  
1 PnP Extra Large Free Range Egg, beaten  
75g PnP Cake Wheat Flour, sifted + extra, to dust  
100g PnP Salted Butter

roasted vine tomatoes, to serve  
small handful fresh flat-leaf parsley, to garnish

**1** For the peri-peri chicken livers, heat 15ml (1 tbsp) of the olive oil in a medium saucepan over low heat. Gently sauté the onion and garlic until the onion is soft, 5 minutes. Add the paprika and wine, if desired, increase the heat to high and



boil the mixture, uncovered, 10 minutes. Add the peri-peri sauce, tomatoes, bay leaf, cream and sugar, and simmer gently, 20 minutes.

**2** While the sauce is simmering, heat a frying pan over high heat. Add the remaining 15ml (1 tbsp) olive oil and melt the 30g butter. Brown the chicken livers, 3 minutes, until almost cooked through. Add the livers to the sauce and season well. Set the sauce aside while making the gnocchi.

**3** For the gnocchi, place the water in a medium saucepan and bring to a boil over high heat. Add the maize meal and whisk continuously until thick and the mixture comes away from the sides of the pan, 15 minutes.

**4** In a bowl, combine the mashed potatoes, maize-meal paste and egg. Beat to a smooth paste, then add the flour and knead gently to combine.

**5** Place the dough on a floured surface and divide into 3. Roll each piece into a long cylinder, about 1,5cm thick. Cut pieces of gnocchi, about 1cm long, from each cylinder.

**6** Bring a large pot of salted water to a boil. Boil the gnocchi pieces until they float to the top of the water, 1 minute. Drain and set aside.

**7** Heat the 100g butter in a large frying pan over high heat. Fry the gnocchi in batches until golden and season well.

**8** To serve, toss the warm peri-peri sauce with the gnocchi. Garnish with roasted vine tomatoes and some sprigs of flat-leaf parsley.



## Milk tart fudge

Makes about 65 squares **EASY** 30 mins + 2 hrs, to set

**250g PnP Salted Butter**  
**1 x 385g tin PnP Full Cream Condensed Milk**  
**175ml PnP Full Cream Fresh Milk**  
**30ml (2 tbsp) PnP Golden Syrup**  
**800g PnP White Sugar**  
**10ml (2 tsp) vanilla essence**  
**5ml (1 tsp) PnP Cinnamon**  
**1,25ml (¼ tsp) PnP Nutmeg**

**1** Grease and line a 23cm-square baking tin.

**2** Place all of the ingredients in a large, heavy-based pot and bring to a boil over medium-high heat, stirring continuously, 15 – 20 minutes. Once the mixture is golden and comes away from the sides of the pan, remove from heat.

**3** Beat the fudge, using electric beaters, until it reaches the consistency of peanut butter, about 3 minutes. Pour into the prepared tin and smooth the top of the fudge with a spatula. Allow to cool at room temperature, 2 hours, before cutting into 3cm squares.



# OH MY DARLING, *ClemenGold*

WONDERFULLY SWEET AND AROMATIC, THE CLEMENGOLD – THE CRÈME DE LA CRÈME OF NADORCOTT – IS THE ON-TREND EASY-PEELER OF THE SOFT-CITRUS WORLD AND ADDS COLOUR AND JUICINESS TO CUISINE. WE TAKE A TOUR OF ONE OF THE INDIGO FRUIT FARMS, IN BURGERSFORT VALLEY, AND FIND OUT A BIT MORE ABOUT THIS INCANDESCENT CITRUS'S HISTORY

By TARYN DAS NEVES Photographs by DYLAN SWART and MYBURGH DU PLESSIS  
Recipes by SARAH DALL Assisted by ANDREA MASKEW

**A**s every aspect of life moves increasingly faster to that moment of ultra-ease and convenience – of communicating quicker, on-the-spot gratification, whether through online shopping or the ability to plug in and download instantaneously – it's no surprise that easy-peelers are slowly encroaching on the space the good old-fashioned orange holds in the world of citrus. Available in a variety of forms from clementines to mandarins, our shopping baskets are filled with these luminescent orbs of immediate satisfaction.

No need for a knife or napkin as juice oozes out between your fingers, leaving your desk and keyboard covered in a sticky spray. Now, we can easily peel off the rind and enjoy segment after segment of delicious, soft-citrus goodness! But, step into any Woolworths

this time of year and you are greeted with the king of the easy-peelers – the ClemenGold. This luscious fruit (with rind so intense an orange, it's verging on vermilion) offers Class A, virtually seedless eating pleasure and is the reason the brand selects only the very best fruit to brandish the ClemenGold logo.

In the sweeping Burgersfort valley, the subtle fragrance of citrus blossom abounds. It is here, on one of the Indigo Fruit farms, that some of the local ClemenGold production takes root. We meet with the CEO of Indigo Fruit Farming, AJ Esser, a man whose family have been growing citrus for decades. As we take a drive through the farm's epic citrus orchards, AJ gives us insight into what makes ClemenGold such a global brand and how it all began.

"Nadorcott is the citrus varietal, which was first discovered in Morocco in 1982 and is the result of natural hybridisation of the Murcott mandarin tree (a mandarin



tree crossed with an orange tree). In 1991, Citrogold bought the rights to grow Nadorcott in the Southern Hemisphere, with the very best fruit falling under the ClemenGold name."

AJ goes on to explain that to be classed as a ClemenGold, the fruit has to fall within a very strict international standard, with a very delicate balance between the sugar/acid ratio in the fruit. It is the sweetest of the easy-peel varieties and must be picked with a sugar °Brix/acid ratio of 10:1, with a minimum of 11,5 °Brix. "We want to keep the product pure and wholesome," he continues, and this is why Woolworths is ClemenGold's key partner in South Africa, where 15 – 20 per cent of the locally farmed fruit ends up.

"In Burgersfort, we've been growing Nadorcotts on the farm since 2002, but have been packing for Woolworths since

1983," AJ elaborates. Sixty per cent of the fruit is exported to other markets including Europe and, increasingly, China, with the remainder of the fruit used to make juice or falling to other sub-class brands like SweetC, where the peel has some superficial markings and has failed to match the high standards for ClemenGold selection.

Bumping along in a bakkie, with cooler box packed in tow, AJ takes us on a meander up the valley where we can look down over the 900-hectare farm as the sun sets. He points out the 600 hectares, which are used to grow Nadorcotts, and other areas where they are working on introducing new citrus varieties to the farm in a bid to extend the soft-citrus season. "After planting, it takes four years before you can get the first crop in citrus cultivars, and then eight to nine years







Farm manager, Gustav Matlo



*In 2013, Indigo Fruit Farming won the Marks & Spencer Plan A award for their sustainable approach to farming and their community- and staff-upliftment programmes like ABET (which teaches the workers English), as well as holding various wellness- and culture days. Aerials Up is an initiative run on the Western Cape farms and focuses on instilling youths with self-esteem and leadership skills.*

before you can break even.” Indigo Fruit Farming also has operations in other areas of the country – Nelspruit, Letsitele in the Limpopo and Swellendam and Heidelberg in the Western Cape – where the varying climate and soil conditions allow Nadorcotts to be farmed until October.

Gustav Matlo, the farm manager for the past 13 years, says the area is “great for soft citrus, where the soil needs good drainage. The valley is homogenic, the soil is deep with little clay – all great qualities for growing citrus like Nadorcott,” he adds. “We are also extremely environmentally conscious and rely on natural insect predators as part of pest-management control to reduce our use of chemicals.”

Strolling between the neat rows of citrus trees, the workers expertly hand-pick the fruit according to the sun-ripened colour before emptying their bags into large bins, which are then taken to the Naranja Packers packhouse, a little further down the road. Josef Malan is the Project Manager here and, after adorning us in white lab coats, shoe covers and hair nets, guides us through the packhouse process where the fruit goes from tree to carton, ready to be shipped off in a very short space of time.

At the packhouse, 700 to 850 bins are processed in peak season within a 24-hour period, with each bin containing about 350kg of fruit. “Externally, shelf life is important,” Josef says, as we watch the conveyor belt of citrus undergo sorting, rinsing, a fungicide treatment and wax coating before it heads through a machine, which sorts the fruit into categories by



size and colour before shooting it along to be hand-packed into its corresponding cartons, like ClemenGold. “There are 250 people on the floor in one shift, with two to three shifts running during peak season,” Josef adds. He shows us the machine that creates and folds the cartons, explaining that “the machine is proudly South African and was made here. Once constructed, the box takes two tonnes of pressure to collapse, making it ideal for exporting the fruit,” he grins.

With around 800 employees working on the farm, and roughly 11 000 tonnes of citrus being processed per season, from June to September, the Nadorcott is certainly thriving here. Why not brighten up the last days of winter’s ebb with some fresh and zesty ClemenGold goodness?

[clemengold.com](http://clemengold.com)



## ClemenGold-glazed scallops with fennel and grapefruit salad

Serves 2 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS

2 grapefruits, peeled and sliced into thin rounds  
2 ClemenGolds, peeled and sliced into thin rounds  
1 fennel bulb, finely sliced  
4 sprigs fennel leaves  
small handful fresh mint leaves  
30g butter  
15ml (1 tbsp) olive oil  
10 scallops  
juice of 1 ClemenGold  
salt and freshly ground black pepper, to taste

30  
MINS

5  
HIGH  
Keep a 5  
contains 1 of your 5

### HOW TO DO IT

- 1 Arrange the grapefruit and ClemenGold rounds on a circular platter, overlapping, and top with slivers of fennel, fennel leaves and fresh mint.
- 2 Heat the butter and olive oil in a large frying pan over high heat. Sear the scallops until golden brown, 2 minutes on each side. Add the ClemenGold juice and remove from heat. Place the scallops on top of the layered salad and pour over the pan juices. Season to taste and serve immediately.





*Clementine pork with Thai-style salad*



5  
HIGH  
contains 1 of your 5 a day



“

After planting, it takes four years before you can get the first crop in citrus cultivars, and then eight to nine years before you can break even.

”



## ClemenGold pork with Thai-style salad

Serves 2 **EASY** 45 mins

### THE FLAVOUR COMBINATIONS

30ml (2 tbsp) olive oil  
10ml (2 tsp) smoked paprika  
15ml (1 tbsp) soya sauce  
zest of 1 ClemenGold  
500g pork fillet

### DRESSING

15ml (1 tbsp) soya sauce  
5ml (1 tsp) fish sauce  
2,5ml (½ tsp) sesame oil  
juice of 1 ClemenGold  
60ml (¼ cup) chicken stock  
15ml (1 tbsp) sesame seeds, toasted

### THAI-STYLE SALAD

½ baby red cabbage, thinly sliced  
½ baby green cabbage, thinly sliced

2 baby carrots, thinly sliced lengthways

1 ClemenGold, sliced  
5 red salad onions, thinly sliced  
50g instant noodles, toasted  
25g sunflower seeds, toasted  
25g flaked almonds, toasted

### HOW TO DO IT

- 1 Mix together the olive oil, smoked paprika, soya sauce and ClemenGold zest. Add the pork fillet and refrigerate to marinate, about 30 minutes.
- 2 Preheat the oven to 180°C. Heat a large frying pan over high heat and brown the pork fillet on all sides. Place in an ovenproof dish and cook in the oven until cooked through, 20 minutes. Remove from oven and set aside to rest, 5 minutes, before slicing.
- 3 For the dressing, mix together all of the ingredients.
- 4 To assemble the salad, place the thinly sliced cabbages, carrots, ClemenGold slices and red salad onions on a serving dish. Top with slices of pork fillet and drizzle over the dressing. Finish with a sprinkling of toasted instant noodles, sunflower seeds and flaked almonds to serve.



## ClemenGold and almond frangipane tart

Serves 8 **EASY** 1 hr 30 mins + cooling time

### THE FLAVOUR COMBINATIONS SHORTCRUST PASTRY

250g cake flour

pinch salt

125g butter, at room temperature

45ml (3 tbsp) cold water

### FRANGIPANE FILLING

150g ground almonds

2 extra-large eggs

30g butter, softened

60ml (¼ cup) brown sugar

zest of 1 ClemenGold

5 ClemenGolds, peeled and cut into rounds

375ml (1½ cups) whipped cream, to serve

toasted slivered almonds, to garnish

### HOW TO DO IT

1 For the pastry, sift together the dry ingredients and rub in the 125g butter until the mixture resembles fine breadcrumbs. Add the cold water and knead lightly to form a smooth dough. Roll the pastry out to 0,5cm thickness and line a greased 25cm loose-bottomed quiche tin with the pastry. Trim the edges and refrigerate to cool, 30 minutes. Preheat the oven to 200°C.

2 For the filling, place the ground almonds, eggs, 30g butter, brown sugar and zest in a food processor and blitz until well combined. Set aside until ready to use.

3 Cover the lined tart tin with baking paper and baking beans and blind-bake for 20 minutes. Remove from oven (reduce the oven temperature to 180°C), discard the baking paper and beans and set aside to cool.

4 Pour the almond filling into the tart and spread over the entire case. Top with ClemenGold rounds and bake, 30 minutes. Remove from oven and serve with whipped cream and a sprinkling of toasted almonds.



## ClemenGold Madeira cake

Serves 10 **EASY** 1 hr 15 mins +  
cooling time

### THE FLAVOUR COMBINATIONS

125g butter, softened  
225g castor sugar  
2 extra-large eggs  
200g cake flour, sifted  
7,5ml (1½ tsp) baking powder, sifted  
pinch salt  
zest and juice of 2 ClemenGolds  
60ml (¼ cup) milk

200g icing sugar, sifted + extra,  
to dust  
60ml (¼ cup) ClemenGold juice  
1 ClemenGold, peeled and cut  
into segments

### HOW TO DO IT

- 1 Preheat the oven to 170°C. Grease and line a 22cm x 12cm loaf tin.
- 2 Cream together the butter and castor sugar until thick, pale and fluffy. Add the eggs one at a time, beating continuously after each addition. Fold in the dry ingredients, the zest and juice of 2 ClemenGolds and the milk. Pour into the prepared tin and bake until cooked through and a skewer inserted into the centre comes out clean, about 50 minutes – 1 hour.
- 3 Remove from oven, turn out onto a wire rack and set aside to cool.
- 4 Mix together the icing sugar and 60ml (¼ cup) ClemenGold juice to make a glaze. Pour over the cake (keeping some aside for serving) and scatter over the ClemenGold segments. Serve dusted with extra icing sugar and with a side of glaze for pouring.







WHAT TO DRINK, WHEN, WHERE  
AND HOW... By CLAIRE HU

# DRINK UP

CHARDONNAY HAS MOVED A LONG WAY PAST THE SWEET AND SICKLY TIPPLE FAVOURED BY THE CHARACTER BRIDGET JONES IN THE NINETIES. THE CULTIVAR IS REALLY COMING INTO ITS OWN IN AREAS LIKE ELGIN, ROBERTSON AND STELLENBOSCH WITH ELEGANT, MINERALLY AND DRY STYLES STARTING TO LURE THE ABC (ANYTHING BUT CHARDONNAY) GENERATION AWAY FROM SAUVIGNON BLANC. HERE'S A TRIO OF 2014 VINTAGES I'M ENJOYING...

**Avontuur Luna de Miel 2014 Chardonnay Reserve (R125)**

This has a dense, velvety feel and is full of rich, tropical fruit notes like caramelised pineapple – but with a dry finish.



## Giveaway

One lucky reader can win 12 bottles of the Kleine Zalze Vineyard Selection 2014 Chardonnay, worth around R960 (excluding postage). Subtle use of oak maintains the wine's natural acidity. The wine has a "pronounced bouquet of citrus blossom, lime and ripe pear, which is followed by layers of white peach and hints of vanilla," according to the winemaker, Alastair Rimmer. It is a great food wine and should drink well for the next five years. To enter, email your name, postal address and ID number to [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za) by 15 September 2015.

**Kleine Zalze Vineyard Selection 2014 Chardonnay (R80)**

This is the most balanced and moreish of the trio, with lovely fresh acidity balanced with peaches, citrus fruit and lime notes.



**Bouchard Finlayson Sans Barrique 2014 Chardonnay (R120)**

Loads of fresh lemon, Granny Smith apple and grapefruit notes with a salty minerality. Great as an apéritif.



## WINE JARGON UNRAVELLED...

### 'New oak'

Winemakers talk about how much 'new oak' they've given a wine, especially chardonnay. This refers to how long the wine has matured in brand-new (first-fill) barrels. The more time in fresh oak, the more the sweet spice, vanilla and buttery notes tend to show up. Some producers opt to mature their wine entirely in new oak, some wines may spend six months in new barrels and then the rest in second- or third-fill barrels – while other winemakers opt to avoid oak altogether ('sans barrique').

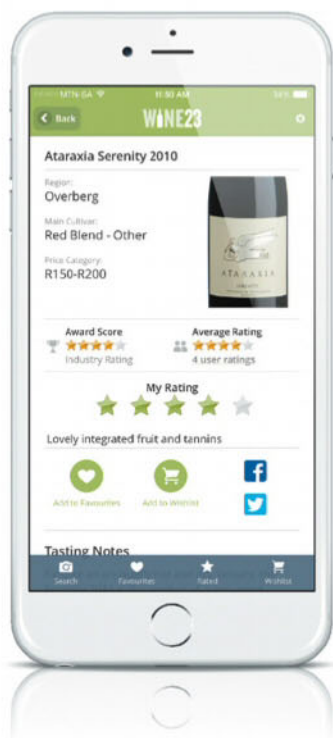


# WHAT MAKES FRUIT JUICE TASTE LIKE REAL FRUIT?

Fruit cells are the natural citrus fibres found in fruit that give it a flavour worth savouring.







## FINDING THE RIGHT WINE

Here's a clever app to help you navigate the vast choice of wines in shops and restaurants. Wine23 enables you to scan a bottle label or search under its name to access winemaker tasting notes of more than 6 000 South African wines, as well as ratings based on competition aggregates. It's kind of like having your own personal sommelier in your handbag – and it's free! You can also review, rate, share and buy wines at the touch of a finger at [wine23.co.za](http://wine23.co.za).

**WINE23**

## Dates for the diary...

**3** September. A course at Miele Lifestyle Centre in Joburg will focus on how to successfully pair food and wine, even the so-called difficult combinations. 021-889-8844

**12** September. The Fork & Cork Wellington Wine Festival at Kleinevalleij Estate promises to display the valley's best wines and local cuisine, a fresh goods- and lifestyle market and five themed wine theatres. Tickets cost R150 pp. [computicket.co.za](http://computicket.co.za); 021-864-1378

**13** September. The Premium Independent Wineries of South Africa (PIWOSA) 'Wine Car Boot' Fair with a difference takes

place at Journey's End Estate on Sir Lowry's Pass where 13 top boutique winemakers sell wine from the back of an array of vintage and retro cars. Fun games, food, music and a 25m-high medieval catapult complete the entertainment. Tickets cost R150 pp, including 12 tasting tokens, a branded glass and all entertainment. [quicket.co.za](http://quicket.co.za)

**26 – 27** September. The Franschhoek Uncorked Festival will have a special focus on #Braai4Heritagefhk with newly released wines being paired with delicious braai food. A weekend pass costs R120 pp, including tastings. [webtickets.co.za](http://webtickets.co.za)



## Q&A

**Tinashe Nyamudoka is the Beverage Manager and Head Sommelier at The Test Kitchen (TTK) in Cape Town. Currently studying for a wine diploma, he has notched up a glittering career in wine including stints at The Roundhouse, Maze by Gordon Ramsay (One&Only), Reuben's and The Oyster Box.**

### What led you to a career in wine?

A combination of coincidence and good fortune! I was working as a waiter and my interest evolved once I started learning about wine and realised I had a good palate.

**What is your aim at TTK?** My main objective is to source quality wines that will complement Chef Luke's exciting menu. I want the TTK wine list to offer a wide array of well-known, exciting and innovative wines. Above all, I would like to head a team that will offer exceptional wine and beverage service.

### What makes a great sommelier?

Someone who understands the environment in which they work and what the guest enjoys drinking. They need to be able to share what they know without being patronising.

### Have you met any celebrities?

One of my favourites was Denzel Washington, whom I met when I was working at the One&Only Cape Town. He used to just say, "Bring me something nice." He was really into the big reds like Pétrus (Bordeaux), but I think I showed him SA can do some good stuff from farms like De Toren, Warwick and Vergelegen.

### Your desert-island wines?

A chenin blanc, maybe from Raats, Rudera or DeMorgenzon. Then a cabernet sauvignon from Boukenhootskloof or Le Riche and a blend from De Toren or Vilafonte.



# MORE FRUIT CELLS

For even more of nature's goodness and flavour.



**NEW**  
Now in a sleek  
prisma pack that's  
comfortable to  
hold and easy to  
open and pour.



# WE'RE jammin'

## Eight-minute strawberry jam with orange and black pepper

*This is a very quick and easy jam with an orange, peppery twist that is more about the fruit than the sugar. The strawberries cook over high heat on a wide surface, which facilitates rapid moisture loss. However, it doesn't have the same shelf life as jam made the traditional way*

Makes about 600ml **EASY**  
8 mins + cooling time

### THE FLAVOUR COMBINATIONS

**600g strawberries**  
**30ml (2 tbsp) orange liqueur,**  
such as Grand Marnier  
**30ml (2 tbsp) orange zest**  
**220g granulated sugar**  
**30ml (2 tbsp) orange juice**  
**1,25ml (¼ tsp) freshly ground**  
**black pepper**

### HOW TO DO IT

1 Place all of the ingredients in your Breville Non-stick Frypan and cook on the 'Sear' setting, stirring frequently, 5 minutes. Reduce the heat to setting number 12 and continue to cook for a further 2 – 3 minutes. Turn off the heat and allow the jam to cool.

2 To test if it is ready, place a side plate in the freezer for 5 minutes. Drop a dollop of jam onto the cold plate. Run your finger through the middle and if the jam stays apart and doesn't immediately join back together, it's 'jammy' enough. Store in a sterilised glass jar. This is delicious served on rye bread with fresh whipped cream.

Breville kitchen appliances are available from @home stores. 0860 666 674; home.co.za

“Breville's Non-stick Frypan ensures even heat distribution and temperature control across the entire cooking surface.”

”

COOK'S TIP The jam should keep for at least 1 month in the fridge.



Recipe and styling by SAM LINSSELL. Photographs by WARREN HEATH





ONE OF THE MOST  
**DANGEROUS JOBS**  
IN THE WORLD

IS

*deep sea fishing.*

Vessels riding 6 metre swells.

THIS IS THE

**CAPE OF STORMS**



Sea Harvest Fishermen - bringing you the finest quality seafood from our Saldanha Bay home to yours.

*Savour the sea*



# BOOKS FOR COOKS

DIGESTING THE LATEST ON THE CULINARY SHELVES... By KERRY MACFIE

Win

## **SPRING THE COOKBOOK BY SKYE GYNGELL (QUADRILLE PUBLISHING LTD, R508)**

This feminine and fabulous treasure is filled with dishes that are as fresh and fragrant as spring's early blooms. Broccoli with garlic, chilli and black-olive dressing is the perfect accompaniment to a springtime salad, while ravioli with sheep's milk ricotta and herb butter is simply sublime for a warm night on the patio!

**FIVE F&HE READERS CAN EACH WIN A COPY OF SPRING: THE COOKBOOK BY SKYE GYNGELL FROM EXCLUSIVE BOOKS. TO ENTER, EMAIL YOUR NAME, CONTACT NUMBER, ID NUMBER AND POSTAL ADDRESS TO [FOODHOME@CAXTON.CO.ZA](mailto:FOODHOME@CAXTON.CO.ZA) WITH 'SPRING' IN THE SUBJECT LINE. ENTRIES CLOSE 15 SEPTEMBER 2015.**



## **1 VANILLA BLACK BY ANDREW DARGUE (SALTYARD BOOKS, R540)**

Calling all non-meat-eaters! A cookbook with over 50 recipes, conveniently separated into breakfast, tea, lunch, supper and more, *Vanilla Black* makes vegetarian eating easy, fun and delicious. Give the parsnip cake with Horlicks icing and toasted hazelnuts a go, or indulge in the intriguing pear cakes with white-chocolate icing.

## **2 GRAINS AS MAINS BY LAURA AGAR WILSON (DORLING KINDERSLEY LTD, R368)**

Grains are becoming increasingly popular nowadays, but it can be hard to find recipes with a big variety. Look no further! *Grains as Mains* offers a host of must-try dishes: the pumpkin-spiced teff porridge or the avocado, coriander and lime tabbouleh will have you paging through for more!

## **3 MILDREDS: THE COOKBOOK BY MITCHELL BEAZLEY (OCTOPUS PUBLISHING GROUP LTD, R465)**

Based on one of London's coolest and most popular vegetarian restaurants, this recipe book allows you to cook the extraordinary vegetarian meals from Mildreds in the comfort of your home! Italian tomato, aubergine and black-olive burgers or the shiitake mushroom and Chinese vegetable stir-fry are not to be missed.



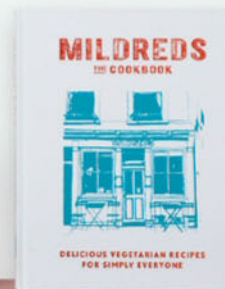
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**B.** EXCLUSIVE BOOKS

### TOP 10 COOKERY TITLES

1 *Low Carb is Lekker*

Ine Reynierse

2 *The Real Meat Revolution*

Prof. Tim Noakes et al

3 *Toshes*

Netashe Sideris

4 *Low Carb is Lekker (Afrikaans)*

Ine Reynierse

5 *Weber Braai Bible*

Jamie Purviance

6 *Road Tripping with Justin Bonello*

Justin Bonello & Helena Lombard

7 *Low-carb Living for Families*

Monique Le Roux Forslund

8 *Cooking with GBS*

Jean Nel

9 *Die Kos Revolusie*

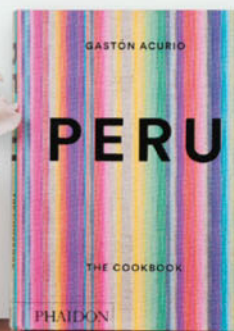
Prof. Tim Noakes et al

10 *Market Food Sci*

Jessica Cairns, Dianne Stewart  
& Lissa Stewart



4



5



6



#### 4 **PERU: THE COOKBOOK BY GASTÓN ACURIO (PHAIDON PRESS LTD, R644)**

With over 100 dishes adorning the pages of this vibrant and persuasive Peruvian-inspired cookbook, you'll be spoilt for choice. Dishes like scallops a la chalaca, seafood rice, shrimp stew or northern-style rice with duck will make you wish you were dining poolside in Peru with colourful cocktails and friends to match!

#### 5 **GENIUS RECIPES BY KRISTEN MIGLORE (TEN SPEED PRESS, R498)**

Recipes that have been tried, tested and certainly perfected grace the pages of this covetable cookbook. From simple foods, like yoghurt with toasted quinoa, dates and almonds, to more challenging dishes, like salt-crusted beef tenderloin grilled in cloth ('lomo al trapo'), your alfresco table is waiting to be dusted off, set and filled with sublime food and great company.

#### 6 **SECRET RECIPES FROM THE WORLD FAMOUS NEW YORK BAKERY BY DOMINIQUE ANSEL (MURDOCH BOOKS, R509)**

Willy Wonka can move out of the way, Dominique Ansel is here to stay! From popcorn chouquettes and frozen s'mores to chocolate caviar tart and gingerbread pinecones, Dominique has a dish for every spring occasion. This cookbook is also filled with tips, tricks and whimsical stories!



## 1 *Ready, set, go!*

In cooking, it all boils down to one core technique: preparation. Or, as the French call it, 'mise en place'. Meaning 'to put in place', this technique ensures you have everything ready to go before you start cooking – the chopping, grinding, cleaning, measuring and whatever else you have to do! Whether you're making complex sauces – like mole (pronounced mo-leh, this is a sauce used in Mexican cuisine), where you have to add various ingredients at different times – or you just have several dishes that need to be on the table at the same time, mise en place can be a lifesaver in creating a stress-free kitchen.

## 2 *Flower power*

When boiling pasta or potatoes, don't discard the water afterwards. Keep it aside and allow it to cool completely before using it to water your flowers – the little beauties need the nutrients in the water.

## 3 *The fold and the beautiful*

Wow your guests with perfectly assembled home-made samosas! Follow this step-by-step guide to flawless folding:







## 4 *Simply the zest*

Braai fish on top of sliced lemons to add more flavour and to help lift the fish easily when turning.



## 5 *Put the kettle on*

Ever wondered how to clean an electric kettle's calcium build-up on the heating element? Make yours as good as new by boiling a mixture of 1 part vinegar and 1 part water. Once boiled, empty the kettle and rinse thoroughly.

## 6 *Cookies and creaming*

Many cookie- and cake recipes call for beating together butter and sugar for several minutes until light and fluffy, a process known as 'creaming'. Creaming butter and sugar serves two main purposes – firstly, it allows the sugar to be well dispersed throughout the batter and 'dissolve' into the butter; secondly, by beating together the ingredients until fluffy, it incorporates more air into the batter, making your cookies lighter in texture. Even though you might be tempted to skip this step, it's an essential part of getting the perfect texture in your cakes and cookies. Typically, the creaming process takes 7 – 10 minutes with an electric mixer, so take your time and your patience will be rewarded.





FRESH

# STRAWBERRY FIELDS FOREVER

THE STRAWBERRY, WIDELY APPRECIATED FOR ITS CHARACTERISTIC AROMA, BRIGHT RED COLOUR, JUICY TEXTURE AND SWEETNESS, IS THE FIRST FRUIT TO RIPEN IN SPRING. HERE, A SEASONAL SPREAD OF BERRY DELICIOUS OPTIONS!

Recipes and styling  
by NOMVUSELELO MNCUBE  
Photographs by DYLAN SWART

**smultronställe** (n.) lit. 'place of wild strawberries'; a special place discovered, treasured, returned to for solace and relaxation; a personal idyll free from stress or sadness



The strawberry is a member of the rose family and is the only fruit with seeds on the outside. Research suggests that eating just eight strawberries a day can improve heart health, lower blood pressure, reduce inflammation, reduce the risk of cancers and even improve cognitive function. What's more, strawberries score in the fruit group with the highest antioxidant content, which can help reduce the risk of macular degeneration. The combination of nutrients in strawberries can also aid in the prevention and suppression of cancer cells.

DID YOU KNOW?

Strawberries are rewarding plants to grow, be it for consumption or exhibition purposes. The best time to plant the fruit is in late spring or summer. Plant them in full sun or dappled shade, and in sandy soil. The addition of manure and a balanced fertiliser will aid strong growth. Alternatively, strawberries can be planted in pots or special planters, using compost. Fibre mats, placed under each plant, will protect the fruit from touching the ground, and will act as a weed barrier. The fruit matures in midsummer and should be picked when fully ripe — that is, when the fruit is a uniform bright-red colour. Strawberries need to remain on the plant to fully ripen because they do not continue to ripen after being picked.

HOW TO GROW

In addition to being consumed fresh, strawberries can be frozen, made into preserves, as well as dried and used in prepared foods, like cereal bars. Strawberries and strawberry flavourings are popular additions to dairy products, like ice cream, milkshakes, smoothies and yoghurt. And, of course, who doesn't love a bowl of fresh strawberries and cream!

EAT UP



FRESH



## Fresh tuna, strawberry, cucumber and onion seed skewers

Serve 6 – 8 **EASY** 1 hr 30 mins

### THE FLAVOUR COMBINATIONS

**80ml (⅓ cup) balsamic vinegar**  
**60ml (¼ cup) honey**  
**salt and freshly ground black pepper, to taste**  
**500g strawberries, hulled, some halved and some quartered**  
**800g fresh tuna, chopped into 2cm cubes**  
**10ml (2 tsp) onion seeds**  
**2 cucumbers, cut into 2cm cubes**

**crimson microherbs, to garnish**  
**baby herb salad, to garnish**  
**lemon wedges, to serve**



### HOW TO DO IT

- 1 Combine the balsamic vinegar and honey in a bowl, and season well. Add the strawberries and refrigerate, 1 hour.
- 2 Sprinkle the tuna cubes with 5ml (1 tsp) of the onion seeds. Set aside.
- 3 Thread a piece of strawberry, a cucumber cube and a piece of tuna onto each skewer. Sprinkle with the remaining onion seeds, garnish with microherbs and baby herb salad and serve with lemon wedges for squeezing.



# Strawberry, baby herb, walnut and blue cheese salad

Serves 4 – 6 **EASY** 15 mins

## THE FLAVOUR COMBINATIONS SALAD

15g butter  
10ml (2 tsp) olive/avocado oil  
100g walnuts, roughly chopped  
handful fresh rosemary, chopped  
1 sprig fresh thyme, chopped  
3 x 60g packs baby herb leaves

500g strawberries, sliced  
150g blue cheese, crumbled

## DRESSING

125ml (½ cup) Savanna Dry  
2 sprigs fresh rosemary, finely  
chopped  
15ml (1 tbsp) honey  
15ml (1 tbsp) extra virgin olive oil  
5ml (1 tsp) white wine vinegar  
salt, to taste

## HOW TO DO IT

1 Heat the butter and oil in a frying pan

over medium-high heat. Fry the walnuts, 1 minute, then add the herbs and stir until the nuts begin to brown, about 2 minutes. Remove from heat and set aside until needed.

2 Arrange the salad leaves on a serving platter and top with the walnuts, strawberries and blue cheese.

3 For the dressing, whisk all of the ingredients to combine. Season well to taste.

4 Drizzle the dressing over the salad and serve immediately.







## Oreo and strawberry white-chocolate tart

Serves 8 – 10 **EASY** 1 hr 15 mins + 4 hrs or overnight, to set

### THE FLAVOUR COMBINATIONS BASE

2 x 176g packets Oreo biscuits  
100g butter, melted

### STRAWBERRY COULIS

125ml (½ cup) water  
2,5ml (½ tsp) vanilla essence  
130g castor sugar  
300g strawberries, hulled and halved

### FILLING

150ml cream  
300g white chocolate, melted

5 strawberries, hulled and halved

### HOW TO DO IT

1 For the base, grease a 36cm x 13cm tart tin. Place the Oreos in a food processor and pulse to a fine crumb. Pour into a mixing bowl, add the melted butter and stir to combine. Press the biscuit mixture into the tart tin to form a crust. Refrigerate to chill, about 1 hour.

2 For the coulis, add the water, vanilla essence and castor sugar to a saucepan and bring to a boil, without stirring, 15 minutes. Add the 300g strawberries and cook until soft, 10 minutes. Purée the mixture and set aside at room temperature to cool, about 20 minutes.

3 For the filling, heat the cream until just before boiling point. Combine the melted chocolate and cream and stir

until smooth and well combined. Allow to cool for a further 10 minutes.

4 Remove the base from the fridge and pour in the chocolate and cream mixture until about two thirds full. Pour over 80ml (⅓ cup) coulis and swirl using a fork. Top with the halved strawberries and refrigerate to set before serving, at least 4 hours or overnight.







By ILLANIQUE VAN ASWEGEN Photographs by ADEL FERREIRA

PINK, PLUMP, SWEET AND PERFECTLY JUICY, GUAVAS CAN BE SLICED AND EATEN RAW, OR USED IN SMOOTHIES, JELLIES, ICE CREAMS, SYRUPS, MARMALADES AND JAMS. IT'S EVEN A COMMON INGREDIENT IN BOTH ALCOHOLIC AND NON-ALCOHOLIC BEVERAGES! ONE OF SA'S BEST-LOVED FRUITS, WE HAD A LOOK AT HOW OTHER COUNTRIES IN THE WORLD ARE INCLUDING GUAVAS IN THEIR CUISINE

# THE GUAVA GURU





## Guava BBQ-marinated chicken salad

Guavas add a unique sweetness to this really easy, home-made BBQ sauce. Use it to marinate steaks, kebabs or chicken pieces for the braai  
Serves 4 **EASY** 1 hr 15 mins

### THE FLAVOUR COMBINATIONS GUAVA BBQ SAUCE

½ x 400g tin tomatoes  
½ (about 80g) onion, peeled and chopped  
4 (about 400g) guavas, peeled, seeded and chopped  
60ml (¼ cup) guava juice  
30ml (2 tbsp) brown sugar  
1 garlic clove, peeled and crushed  
15ml (1 tbsp) red wine vinegar  
7,5ml (½ tsp) Worcestershire sauce  
2,5ml (½ tsp) smoked paprika

2,5ml (½ tsp) fine salt  
pinch freshly ground black pepper

### SALAD

olive/avocado oil, to rub  
4 x 120g deboned chicken breasts  
200g (about 2 heads) cos lettuce  
2 avocados, peeled and pitted  
150g asparagus tips, blanched  
2 (about 200g) guavas, sliced  
50g Parmesan, finely grated  
80g walnuts, chopped

handful microherbs, to garnish

### HOW TO DO IT

1 For the sauce, place everything in a saucepan over medium heat and bring to a gentle simmer. Cover with a lid and cook, 20 minutes. Purée until smooth.

2 For the salad, heat a griddle pan

until very hot. Rub a bit of oil onto each chicken breast and fry, 4 minutes on each side, regularly basting with a third of the guava BBQ sauce. Remove from heat and slice into strips. Toss with the remaining BBQ sauce or serve with more BBQ sauce on the side.

3 Scatter the lettuce onto a serving platter. Use a teaspoon to scoop out bite-size chunks of avocado and add to the platter. Add the asparagus, guava slices and chicken strips and top with the Parmesan and walnuts. Garnish with microherbs to serve.

### COOK'S TIP

This sauce works wonderfully as a flavouring for pulled beef or pork, which is a scrumptious filling in baked potatoes or gourmet sandwiches.

## Spanish guava, chorizo and goat's cheese empanadas

Empanadas are a staple in the Latin culture. By adding a sneaky bit of sweet guavas, some smoky chorizo and tangy goat's cheese, this well-loved pastry gets a real makeover!

Makes 16 **A LITTLE EFFORT** 1 hr 30 mins + 50 mins, to refrigerate

### THE FLAVOUR COMBINATIONS PASTRY

260g cake flour  
145g polenta  
1,25ml (¼ tsp) salt  
150g salted butter, at room temperature and diced  
1 egg  
60ml (¼ cup) water

### FILLING

5ml (1 tsp) olive oil  
½ (about 80g) onion, peeled and diced  
5ml (1 tsp) garlic, peeled and crushed  
60g chorizo, finely chopped  
15ml (1 tbsp) tomato sauce  
2,5ml (½ tsp) chilli flakes  
2 (about 200g) guavas, peeled, seeded and finely diced





## IN SEASON

**20ml (4 tsp) fresh coriander, chopped  
salt and freshly ground black  
pepper, to taste**

**1 x 100g log goat's cheese, sliced**

**1 egg, beaten**

### HOW TO DO IT

**1** For the pastry, place the flour, polenta and salt in a food processor and pulse to combine. Add the butter, egg and water, and blend until crumbly. Use your hands to bring it all together and shape the dough into a disc. Cover with cling film and refrigerate, 30 minutes. Leave it to rest at room temperature before rolling it out, 10 minutes.

**2** For the filling, heat the oil in a heavy-based pot over medium heat. Add the onion and sauté, 10 minutes. Add the garlic, chorizo, tomato sauce and chilli flakes and fry for a further 5 minutes. Stir in the guavas and coriander and season to taste.

**3** Roll the pastry out to 0,5cm thickness and, using a 8,5cm cutter, cut into 12 rounds. Place a bit of filling on one half of a pastry round and add a slice of goat's cheese. Close it up to form a half moon and seal the edges with the back of a fork. Repeat with the remaining rounds and filling. Place them on 2 lined baking trays and refrigerate, 20 minutes. Preheat the oven to 180°C.

**4** Brush each empanada with the beaten egg and bake in the oven until golden, 20 – 25 minutes.

## Guavas preserved in a Brazilian-spiced sugar syrup

*A little bit of chilli and some dried spices pair beautifully with sweet and tender guavas. These are perfect for adding to vanilla ice cream or eating topped with a dollop of sweetened, whipped cream*

Serves 8 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS

**675g brown sugar**

**1L (4 cups) warm water**

**2 cinnamon sticks**

**1,25ml (¼ tsp) dried chilli flakes**

### COOK'S TIPS

Use a melon baller to easily and neatly scoop out the guava seeds. Serve the empanadas as snacks when friends come round or pack them for a picnic or lunch box for adults and kids.





30  
MINSGuavas preserved in  
a Brazilian-spiced  
sugar syrup

## Hawaiian guava and condensed-milk ice cream

*Adding a bit of pineapple and coconut cream to the delicious combination of guava and condensed milk instantly transports the taste buds to tropical heaven all in one bite!*

Serves 4 (makes 1L) **EASY** 1 hr + freezing time

### THE FLAVOUR COMBINATIONS

**250ml (1 cup) coconut cream**  
**250ml (1 cup) guava juice**  
**6 (about 600g) guavas, peeled and quartered**  
**250ml (1 cup) fresh cream**  
**1 x 385g tin condensed milk**  
**160g pineapple chunks**  
**pinch cinnamon**

**sugar cones, to serve**  
**white-chocolate shavings, to serve (optional)**  
**fresh mint, to garnish (optional)**

### HOW TO DO IT

**1** Place the coconut cream and guava juice in a saucepan over medium heat and bring to a simmer. Add the guava quarters, cover with a lid and gently cook, 20 minutes. Place the mixture in a food processor, together with the remaining ingredients, and blend until smooth. Pass it through a sieve if you would prefer your ice cream without the pips.

**2** Once the mixture is slightly cooled, pour into a prepared ice-cream maker and churn according to the manufacturer's instructions. Then place in the freezer to firm up, 4 hours. (See Cook's tip below if you do not have an ice-cream maker.) Serve scoops of the ice cream in sugar cones and top with white-chocolate shavings and sprigs of fresh mint, if desired.

### COOK'S TIP

If you don't have an ice-cream maker, pour the cooled mixture into a freezer-proof container. Place in the freezer and whisk it every hour to break up any ice crystals that may form. Do this for 4 – 6 hours. It is ready once it is firm and smooth.

**6 cloves**  
**seeds of ½ vanilla pod**  
**12 guavas, peeled and halved**  
**zest of 2 limes**

### HOW TO DO IT

**1** Bring the sugar, water, cinnamon sticks, chilli flakes, cloves and vanilla seeds to a simmer in a saucepan over medium heat, and stir until all of the sugar has dissolved. Cook for 15 minutes. Add the guavas and gently simmer for a further 10 minutes. Stir in the lime zest.

**2** Gently transfer the guava halves to warm, sterilised jars and pour the warm sugar syrup on top. Seal and allow to cool to room temperature before storing in the fridge for up to 3 weeks.

### COOK'S TIP

To easily sterilise some glass jars, wash them thoroughly in warm, soapy water. Rinse them under warm water and place in a 140°C oven until dry, 10 – 15 minutes.





## Guava-rippled meringues topped with pistachios

*These beautiful individual meringues are crispy and light with a slightly chewy centre. They're fun to make and work well as individual Pavlovas*

Makes 12 **A LITTLE EFFORT** 1 hr  
30 mins + cooling time

### THE FLAVOUR COMBINATIONS GUAVA COULIS

**3 (about 300g) guavas, peeled, seeded and chopped**  
**250ml (1 cup) water**  
**75g sugar**  
**15ml (1 tbsp) lemon juice**

### MERINGUES

**3 large egg whites**  
**135g castor sugar**  
**seeds of ½ vanilla pod**  
**5ml (1 tsp) cornflour**  
**5ml (1 tsp) red wine vinegar**  
**45ml (3 tbsp) pistachios, roughly chopped**

### HOW TO DO IT

**1** For the guava coulis, place the guavas, water, sugar and lemon juice in a saucepan over medium heat and bring to a simmer. Cover with a lid and cook, 10 minutes. Purée until smooth.

**2** For the meringues, preheat the oven to 110°C and line 2 baking trays with baking paper.

**3** Whisk the egg whites to soft peaks using an electric beater. Add the castor sugar in 3 batches, while continuously whisking, until stiff peaks form. Combine the vanilla seeds, cornflour and vinegar and fold into the egg whites.

**4** Place the mixture in a piping bag fitted with a round nozzle and pipe 12 meringue rounds onto the

baking paper. Top each meringue with 5ml – 10ml (1 tsp – 2 tsp) coulis and use a toothpick to ripple it in. Sprinkle some pistachios on top and bake in the oven, 1 hour. Allow the meringues to cool completely before removing from the baking paper and serving with a side of leftover coulis.

**66** **COOK'S TIP** Alternatively, use any leftover coulis as a topping on ice cream or over Greek yoghurt with toasted nuts. **99**





**DID YOU KNOW?**

- Guava is a tropical fruit that belongs to the myrtle family. The exact origin of the guava is unknown – researchers believe it originates from Central America and Mexico.
- There are roughly 150 species of guava that can be found in tropical and sub-tropical areas around the world.
- Guava has a smooth, rust-coloured bark. In many cultures, the wood is used decoratively and the leaves are used for obtaining black fabric dye. The wood of a guava tree is also used for smoking meat.
- A guava has 2,5 times the amount of fibre as an orange per 100g.
- Tea made of guava leaves is used in traditional medicine to treat diarrhoea.
- Guava is a source of vitamins A, B1, B2 and E, as well as copper, folate, manganese, potassium and phosphorus.
- Due to its soluble fibre and potassium content, studies have shown that an increased intake of guava could assist with lowering blood pressure and blood cholesterol levels.







# Spring fling

AWARD-WINNING CHEF CHANTEL DARTNALL, OF RESTAURANT MOSAIC IN PRETORIA, CELEBRATES SPRING DAY AND ARBOR WEEK WITH EYE-CATCHING, INTRICATE TASTE EXPLOSIONS, INSPIRED BY SCENES IN NATURE

Recipes and styling by CHANTEL DARTNALL Photographs by DYLAN SWART

## MUST-KNOW FLOWER FACTS

*Most of the flowers pictured on these pages are purely for decorative purposes. Where an edible flower is listed in a recipe in this feature, please refer back to this fact box. Violas, nasturtiums, dianthus (carnations) and fuchsias are edible but, with fuchsias, be sure to remove the stamen and pistils first. Gladiolus flowers taste slightly tart and lettuce-like. You must remove the anthers by taking out the middle of the blossom – only the petals of these composite flowers, if organically grown, are edible.*

*The pollen of composite flowers (which includes flowers in the daisy family) is highly allergenic and may cause reactions in sensitive individuals. Sufferers of asthma, ragweed and hayfever should not consume any flowers whatsoever, as they may have extreme allergies to them. Please also note that all edible flowers must be rinsed thoroughly with clean running water before consuming.*





## Fungi on the forest floor

*Everyone has a secret place to escape to – to rest and recuperate; where the mind and soul can be one again with nature. I am fortunate to have that every day on my doorstep with Restaurant Mosaic, situated in the Francolin Conservancy. But, to get away from it all, there is a special place for me in the southern Cape. With the first signs of spring emerging among the brown shades of leaves, 'fungi on the forest floor' is a dish that was inspired by my walks in these coastal forests. The earthy, comforting aromas of the primeval growth, nurtured by the early-morning mist rolling in from the sea, a profusion of small mushrooms growing at my feet, brought together in this dish composed from fragrant morels, delicate shimeji and earthy button mushrooms, accentuated by the peppery taste of microherbs and edible flowers*

Serves 4 **A LITTLE EFFORT** 2 hrs 45 mins

### THE FLAVOUR COMBINATIONS MUSHROOM CREAM PEBBLES

120g unsalted butter  
15ml (1 tbsp) lemon-infused olive oil  
½ garlic clove, peeled and minced  
500g button mushrooms, chopped  
Maldon Sea Salt and freshly ground black pepper, to taste  
15ml (1 tbsp) black truffle paste (available at speciality delis)  
4 large fresh basil leaves  
5ml (1 tsp) fresh thyme, finely chopped

250ml (1 cup) dry white wine  
750ml (3 cups) fresh cream  
8 gelatine sheets

### TRUFFLE VINAIGRETTE

150ml olive oil  
50ml white wine vinegar  
25ml white truffle oil (available at speciality delis)  
20g black truffles, chopped (available at speciality delis)

### TO SERVE

1 x 250g packet raw shimeji mushrooms  
2,5ml (½ tsp) dried parsley  
12 morel mushrooms, sautéed and marinated in the truffle vinaigrette  
125g mini cauliflower florets, blanched and drizzled with lemon-infused olive oil  
20ml (4 tsp) fava beans, blanched and peeled  
12 asparagus spears, blanched and marinated in the truffle vinaigrette  
handful micro bok choy leaves  
handful fresh organic edible

flowers (available at Woolworths; see fact box on page 50)  
handful button mushrooms, thinly sliced on a mandoline and baked in an 80°C oven for 2 hours  
handful cauliflower, thinly sliced on a mandoline and baked in an 80°C oven for 2 hours  
fleur de sel, to taste  
lemon-infused olive oil, to drizzle

### HOW TO DO IT

**1** Melt the butter in a heavy-based saucepan over medium-high heat and add the lemon olive oil. Add the garlic and button mushrooms, season to taste and cook, 6 – 8 minutes. Add the truffle paste, basil, thyme and wine and allow the wine to reduce by half. Add the cream and cook for 8 minutes. Remove from heat, pour into a blender and blitz until smooth.

**2** Soak the gelatine in cold water until soft, 5 minutes. Squeeze out excess moisture before adding the gelatine to the hot cream to melt. Once melted, pour the mixture into a flat container and refrigerate to set, 1 – 2 hours.

**3** Before the mixture is set completely, use a tablespoon to scrape together round pebbles. Place on



Silverthorn Jewel Box  
MCC 2012. Complex aromas of roasted almonds, marzipan and baked apples followed by fresh citrus nuances.







Botanica Old Vine  
Chenin Blanc 2012.  
An off dry-style wine  
with gorgeous, subtle  
tropical-fruit aromas  
and hints of fresh  
apricot. The nose leads  
you to a rich, silky  
palate offering intense  
fruit concentration  
and a lovely grip of  
fresh acidity.



Sunflower spring

a plate, cover with cling film and refrigerate until required.

4 For the vinaigrette, whisk together the olive oil, white wine vinegar, truffle oil and chopped truffles. Season to taste, place in an airtight container and refrigerate until needed.

5 To serve, place the shimeji mushrooms on a serving dish with 2 mushroom pebbles. Sprinkle the pebbles with the dried parsley flakes crumbled in between your fingers to resemble 'moss'. Then, arrange a 'forest' by garnishing the mushrooms and pebbles with the morels, cauliflower florets, fava beans and asparagus. Arrange the micro bok choy leaves in between the shimeji mushrooms, along with the edible flowers, sliced dried mushrooms and thinly sliced cauliflower. Sprinkle with fleur de sel and lemon olive oil to serve.

## Sunflower spring

*Although this dish is composed around a single main ingredient, it is by no means monochromatic and the use of different carrot varieties, each with their own unique identity, colour, sweetness and taste, combined with the subtle addition of orange blossom, is what makes this dish a beautiful representation of the flavours of early spring. To me, spring vegetables are a treasure, joyful by definition and they symbolise nature's generosity when it comes to colour and flavour. To most of us, the humble carrot evokes memories of Sunday lunch but, with this dish, I wanted to show carrots in a whole new dimension and create new memories. While recently travelling through Provence, surrounded by farms endlessly dotted with fields*

*of golden sunflowers, I found my inspiration*

Serves 4 **EASY** 45 mins + setting time

### THE FLAVOUR COMBINATIONS

**400ml fresh carrot juice**

**4 gelatine sheets, soaked in cold water for 5 minutes**

**1,25ml (¼ tsp) fresh ginger, grated**

**1,25ml (¼ tsp) honey**

**Maldon Sea Salt, to taste**

**200ml fresh cream**

**pinch orange zest**

**1 drop orange blossom extract**

**carrot ribbons, blanched and**

**drizzled with lemon-infused olive oil**

### HOW TO DO IT

1 Heat the carrot juice in a small saucepan over medium heat. Add the gelatine leaves and stir until dissolved. Remove from heat and add the ginger and honey. Season



to taste, strain the mixture through a fine sieve into desired serving bowls and refrigerate to set.

2 Place the cream in a mixing bowl and whip to soft peaks. Add the orange zest and orange blossom and mix well.

3 Spoon a thin layer of the orange cream on top of the set orange jelly, and arrange the carrot ribbons on top of the cream to resemble a sunflower. Serve chilled.

## Garden of Eden

*With every new dish we add to our seasonal menu at Restaurant Mosaic, we do a deconstruction tasting where we taste each ingredient individually with the proposed wines to ensure that we find 'the perfect pairing' – creating culinary masterpieces around the aromas and flavours of the best wine available. This dish combines sustainable angelfish with a delicate tomato and lemongrass velouté*  
Serves 4 **EASY** 1 hr 30 mins

### THE FLAVOUR COMBINATIONS TOMATO AND LEMONGRASS VELOUTÉ

**5g butter, softened**  
**1 small onion, peeled and finely chopped**  
**50g lemongrass, freshly chopped**  
**150ml white wine**  
**10ml (2 tsp) tomato purée**  
**large pinch saffron, soaked in 15ml (1 tbsp) warm water for 2 minutes**  
**2,5ml (½ tsp) brown sugar**  
**50g sun-dried tomatoes, chopped**  
**sprig fresh basil**  
**300ml fish stock**  
**150ml fresh cream**  
**150ml milk**  
**Maldon Sea Salt and freshly ground black pepper, to taste**

### CHERVIL AND DILL POTATO PURÉE

**4 large potatoes, peeled and diced into 1cm pieces**  
**125ml (½ cup) fresh cream**  
**30g salted butter**  
**80ml (⅓ cup) milk**  
**30ml (2 tbsp) fresh dill, chopped**  
**30ml (2 tbsp) fresh chervil, chopped**  
**5ml (1 tsp) kosher salt**  
**2,5ml (½ tsp) freshly cracked black pepper**  
**2,5ml (½ tsp) lemon-infused olive oil**

### VEGETABLE MARINADE

**100ml white balsamic**  
**100ml extra virgin olive oil**  
**5ml (1 tsp) castor sugar**  
**3 large fresh basil leaves, sliced**  
**2,5ml (½ tsp) vanilla bean paste**

### HEIRLOOM VEGETABLES

**4 golden beetroots, scrubbed and sliced into quarters**  
**4 candy-stripe beetroots, scrubbed and sliced into quarters**  
**12 whole white radishes, peeled**  
**125g edamame beans**

### ANGELFISH

**4 x 120g – 150g angelfish fillets**  
**20ml (4 tsp) lemon-infused olive oil**  
**5ml (1 tsp) honey**  
**50g salted butter**  
**fresh lemon juice, to taste**

**seasonal edible organic flowers of your choice, to garnish (see fact box on page 50)**

### HOW TO DO IT

1 For the velouté, melt the 5g butter in a frying pan over medium heat. Add the onion and lemongrass and cook, stirring, until soft but not coloured, about 2 minutes. Stir in the wine, tomato purée, saffron mixture and sugar, and simmer over medium heat to reduce by half, about 5 minutes. Add the sun-dried tomatoes, fresh basil and stock, bring to a boil, then allow to simmer, 10 minutes. Stir in the 150ml cream and 150ml milk and simmer until reduced by half and thickened, 8 – 10 minutes. Remove from heat and blitz with a hand blender or in a food processor. Pass through a fine sieve into a clean pan, squeezing the pulp dry with the back of a spoon. Discard the pulp. Season to taste, cover and keep warm until needed.

2 For the potato purée, place the potatoes in a large pot of water. Bring to a boil and continue cooking until the potatoes are tender. Drain.

3 Return the potatoes to the pot and add the remaining ingredients, except the lemon olive oil. Using a hand blender, purée the potatoes. You can also use a potato masher if you like

them a bit chunkier. Adjust the seasoning with salt and drizzle in the lemon olive oil just before serving hot.

4 For the vegetable marinade, whisk all of the ingredients together until the sugar has dissolved completely. Refrigerate until chilled.

5 For the vegetables, bring a pot of salted water to a rolling boil. Blanch the vegetables separately for a few seconds, remove and refresh in a bowl of ice water. Strain the vegetables before placing them in the well-chilled marinade and refrigerating, 30 minutes.

6 For the angelfish, preheat the oven to 170°C. Wash and dry the angelfish fillets and ensure there are no bones left in the fillets. (Do this by feeling with your finger along the centre of the fish – any sharp bits sticking out will be bones, which should be removed with a pair of tweezers.)

7 Place a non-stick ovenproof sauté pan over medium heat and add the lemon olive oil. Place the fillets in the pan, skin-side down, and allow the skin to slowly crisp up and turn golden. Remove from heat and place in the preheated oven, 3 minutes.

8 Remove the angelfish from the oven and take the fillets out of the pan. Add the honey to glaze and set aside for a few minutes. Place the pan back on the heat and add the butter and fresh lemon juice. Return the fish to the pan, season to taste and swirl around for a couple of seconds.

9 To serve, place a spoonful of the fresh dill potato purée in the centre of each plate and place an angelfish fillet on top, accompanied with the sun-dried tomato velouté. Garnish with edible organic flowers to create a beautiful garden scene along with marinated heirloom vegetables.



## Alchemist's infusion

Heirloom vegetables are a gardener's inheritance, handed down to him or her by family. The produce has been selected and saved over hundreds of years, and offers some of the best-tasting and yielding varieties. The diversity of colours, flavours and textures in heirloom vegetables certainly add interest to any menu. The colourful hibiscus flower is cultivated worldwide for both its aesthetic appeal and its medicinal uses, which are primarily in the form of tea. Even though, for many of us, the beautiful hibiscus flower brings to mind visions of the Hawaiian islands, the plant is actually native to Africa. Hibiscus tea is made from the dried, vibrantly coloured calyces of the hibiscus flower and has an exotic and tart flavour. This dish consists of a beautiful and aromatic vegetable consommé that re-infuses through hibiscus tea and other aromatics, which include fennel flowers, fuchsias and lemongrass. The warm vegetable-tea mixture is served over West Coast rock lobster cut into medallions, and will gently cook when it comes into contact with the consommé. Serves 4 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS VEGETABLE CONSOMMÉ

- 3 large ripe Italian vine tomatoes, roughly chopped
- 1 medium beetroot, peeled and chopped
- 1 fennel bulb, sliced
- 125g brown sugar
- 15ml (1 tbsp) salt
- 1 fresh/dried bay leaf

- 6 lemongrass sticks, chopped
- large bunch fresh basil
- sprig fresh rosemary
- sprig fresh fennel
- 2 hibiscus tea bags
- 3,5L cold water
- 100ml lime juice

### MARINADE

- 100ml lemon-infused olive oil
- 50ml white balsamic vinegar
- pinch salt
- 2g fennel, chopped
- pinch sugar

- 2 courgettes, cut into ribbons using a peeler
- 200g shelled baby peas
- 3 candy-stripe beetroots, scrubbed and cut into quarters
- 12 baby carrot ribbons, rolled
- 2 West Coast rock lobster tails, removed from shells (reserve 1 shell) and cut into 1,5cm-thick slices
- handful baby basil leaves
- handful pea shoots
- handful baby viola flowers (see fact box on page 50)
- handful fuchsia flower petals (see fact box on page 50)
- handful nasturtium flowers and leaves (see fact box on page 50)

### TEA INFUSION

- 5ml (1 tsp) hibiscus tea leaves
- 1 lobster-tail shell, roasted in an 180°C oven for 3 minutes
- 1 fennel flower
- 1 lemongrass stick

### HOW TO DO IT

- 1 For the vegetable consommé, place all of the ingredients in a stock pot and slowly bring to a boil. Reduce the heat and allow to simmer gently, about 20 minutes. Remove from heat and strain through a chinoise (conical-shaped sieve) lined with fine muslin cloth. Reserve the consommé in a saucepan until required.
- 2 For the marinade, combine all of the ingredients and refrigerate to chill.
- 3 Place a pot of salted water over medium-high heat, cover and bring to a rolling boil. Remove the lid and blanch the vegetables (courgettes, baby peas, beetroots and carrots) separately in the

boiling salted water for a few seconds. Take the vegetables out of the water and refresh in a bowl of ice water. Strain the vegetables before placing in the well-chilled marinade. Refrigerate for 30 minutes.

4 Place 2 – 3 lobster-tail medallions in the bottom of a serving bowl and arrange all of the vegetables around the lobster. Garnish with the remaining edible organic flowers and herbs.

5 For the tea infusion, place all of the ingredients in a teapot. Heat the consommé in the saucepan and pour into the teapot. To serve, pour the hot consommé over the raw lobster medallions and enjoy immediately.

## Driftwood on the brook's bank

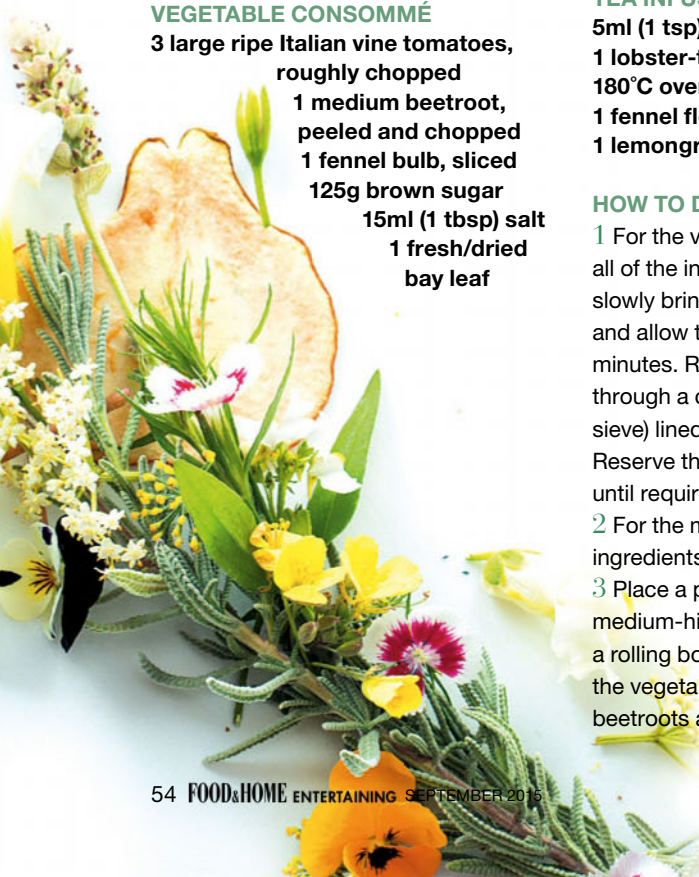
When taking a walk in the Francolin Conservancy, I was delighted by all the small waterfalls created by the deluge after heavy rain. After following the trail of a snail over the leaves and driftwood that had collected on a small brook's bank, I noticed the earthy tones and colours in the soil creating a beautiful contrast with the bright wild flowers and amber droplets of tree sap that had collected on a piece of bark. I was immediately inspired to 'capture' this scene from nature on a plate. Combining the velvety texture of white chocolate with dried pears makes this dessert satisfyingly rich without being overly sweet. Serves 8 **CHALLENGING** 2 hrs + setting time + drying time

### THE FLAVOUR COMBINATIONS CINNAMON FUDGE

- 500ml (2 cups) fresh cream
- 1,5kg castor sugar
- 45ml (3 tbsp) light corn syrup
- small pinch salt
- 2,5ml (½ tsp) ground cinnamon

### PEAR PASTILLE SQUARES

- 350g pear purée
- 7,5ml (1½ tsp) pectin (available at health stores) mixed with 40g castor sugar
- 75g liquid glucose
- 375g castor sugar
- 7,5ml (1½ tsp) citric acid
- sugar, to dust





**BASIC CUSTARD**

170ml (2/3 cup) double-thick cream  
80ml (1/3 cup) milk  
2 egg yolks  
30ml (2 tbsp) sugar

**WHITE-CHOCOLATE MOUSSE**

15ml (1 tbsp) gelatine powder  
60ml (1/4 cup) cold water  
200g white chocolate  
560ml (2 1/4 cups) fresh cream

**ALMOND SPONGE CAKE WITH DRIED PEAR CHIPS**

4 eggs, separated  
180g sugar  
5ml (1 tsp) vanilla extract  
180g ground almonds  
3,75ml (3/4 tsp) baking powder  
1,25ml (1/4 tsp) salt  
1 hard pear

vanilla wafer rolls, to  
garnish (available at  
most supermarkets)

organic edible flowers, to garnish  
(see fact box on page 50)  
8 empty, cleaned snail shells, to  
decorate (optional)

**HOW TO DO IT**

1 For the cinnamon fudge, combine the 500ml (2 cups) cream, 1,5kg castor sugar, corn syrup and salt in a heavy-based saucepan over medium heat. Stir until the sugar has dissolved completely. Allow the mixture to come to a boil and start to caramelize lightly and thicken up, about 20 minutes. To test if your mixture is ready, drop a spoonful into a glass of cold water. If it forms a soft ball, it is ready.

Turn off the heat and let the mixture rest for a moment. Stir in the ground cinnamon and pour the hot fudge mixture into a glass pyrex container, without scraping the sides of the pot. (The mixture that clings to the sides has reached a higher temperature than the rest of the fudge – scraping it in will spoil the creamy texture of the finished product.) The fudge should cool to the temperature of a comfortably hot bath. Using a wooden spoon, beat the fudge vigorously until it loses its gloss, about 5 minutes. The texture will improve with a day's rest in the fridge but the fudge is best served at room temperature.

2 For the pear pastille squares, grease and

Spioenkop Virginité I 2012.  
A crystal-clear, light-gold colour.  
You will discover a surprisingly  
complex nose of pineapple,  
peach, blackcurrant leaves,  
gooseberry, fern and some  
honey. This rebel has a well-  
rounded finish that is crisp  
and clear.



Garden of Eden



line a 23cm-square baking tin. Heat the pear purée in a pot until it reaches 40°C – 45°C on a sugar thermometer. Slowly add the pectin and castor sugar mix. Add the liquid glucose and continue to stir and heat until the purée starts to bubble. Add the 375g castor sugar in 3 additions, stirring well to dissolve after each addition. Continue to stir and heat until the temperature reaches 107°C. Remove from heat, add the citric acid and stir well

to dissolve. Once the citric acid is added, the purée will gel quite quickly, so work fast. Pour the jam into the prepared tin. Set aside to cool at room temperature, 12 hours. Dust with sugar and cut into 1,5cm squares.

3 For the basic custard, bring the 170ml (2/3 cup) cream and milk to a boil in a heavy-based saucepan.

4 In a bowl, whisk together the 2 egg yolks and 30ml (2 tbsp) sugar to

create a light yellow paste.

5 Slowly pour the hot liquid into the egg mixture, whisking continuously. Pour the runny egg and milk mixture back into the saucepan over medium heat and stir continuously with a wooden spoon to thicken up the mixture. The custard is ready when it coats the back of the spoon, about 10 minutes.

6 For the mousse, sprinkle the gelatine powder over the cold water in a bowl and leave to sponge, at least 3 minutes.

7 Add the bloomed gelatine to your hot basic custard

Árvay Tokjai Padihegy Furmint 2009. A medium gold-coloured wine with a green reflex. Ripe peach, William's pear, maize, burnt sugar, vanilla, lemongrass and minerality aromas. Holding fruitiness as much as minerality, the wine has a really long finish.



*Alchemist's infusion*







and stir until the gelatine has melted.

8 Melt the chocolate over a bain-marie, being careful not to allow any steam or water to mix with the chocolate.

Remove from over the double boiler and create an emulsion by pouring a third of the hot custard over the melted chocolate, continuously mixing to obtain an elastic and shiny texture. Add another third of the hot custard and mix rapidly to emulsify again. Add the remaining hot custard, mixing to ensure it is incorporated completely.

9 In a separate bowl, whip the 560ml (2¼ cups) cream to soft peaks and fold into the chocolate mixture in 2 additions, taking care not to overmix. Pour the mousse into a flat tray, cover and refrigerate to set, at least 4 hours.

10 For the almond sponge, preheat the oven to 180°C. Line a large Swiss roll tin with baking paper and lightly grease.

11 In a bowl, beat together the 4 egg yolks

until light. Add the 180g sugar, vanilla extract, ground almonds, baking powder and salt.

12 In another bowl, beat the 4 egg whites to fairly stiff peaks. Fold into the yolk and flour mixture and spread it evenly into your prepared pan. Bake in the oven until lightly browned and the cake has a spongy feel, 8 – 10 minutes. Remove from oven (leave the oven on to cook the pear slices) and allow to cool completely.

13 Line a baking tray with parchment paper and grease lightly. Slice the firm pear thinly on a mandoline and arrange the slices on the tray. Don't allow them to touch each other. Place the pears in the warm oven and let them dry out until crisp, about 2 hours.

14 To assemble, remove the white-chocolate mousse from the fridge and, using a warm spoon, scoop the white

chocolate from the tray and place it on your plate. Using a palette knife, spread the chocolate over your plate in a comet shape to form a base on which you can arrange the remaining components. Break chunks off the almond cake and crumble it over the mousse to create soil. Arrange the dried pear chips to look like leaves that have fallen from the trees. With small cutters, cut out leaf shapes from the fudge. Arrange the pear pastilles and fudge among the mousse and leaves and garnish with a few vanilla wafer rolls. Scatter over a few fresh, organic edible flower petals and arrange a snail shell, if desired, on each plate just before serving.

#### COOK'S TIP

Beating the fudge before it has cooled sufficiently will result in the formation of large sugar crystals, which also spoils the texture.

Visit [foodandhome.co.za](http://foodandhome.co.za) for a bonus recipe!



Mullineux Straw Wine 2009.

The nose is a complex, enticing blend of dried peaches, apricots and marmalade, with savoury, nutty aromas, marzipan and honey. The super-intense mouth feel is balanced by a fresh and very long finish of dried apricots.





# BAKGAT

## biltong

Recipes and styling by JACQUES ERASMUS  
Photographs by MYBURGH DU PLESSIS



**bak•gat** adj. (*infml.*) great, fantastic, cool (*sl.*, <Eng.).  
**bak•gat** adv. (*infml.*) greatly, etc.



THIS FAVOURITE SOUTH AFRICAN SNACK CAN BE FOUND IN MOST LOCAL HOMES, AND A BRAAI, RUGBY MATCH OR ROAD TRIP WOULDN'T BE COMPLETE WITHOUT IT. THIS HERITAGE DAY, TRY ADDING THE MUCH-LOVED TREAT TO FINE CUISINE AND CREATING AN UNFORGETTABLE BILTONG BANQUET

## Baby marrow noodles, ostrich biltong and blue cheese salad with white port dressing

Serves 6 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS

**12 fresh quail eggs**  
**150ml white port**  
**150ml canola oil**  
**45ml (3 tbsp) Dijon mustard**  
**juice of ½ lemon**  
**salt and freshly ground black pepper, to taste**  
**8 – 10 medium baby marrows, rinsed**  
**125g ostrich biltong sticks**  
**125g Gorgonzola, broken into chunks**

### HOW TO DO IT

1 Place the quail eggs in a small saucepan with room temperature water and bring to a boil. Remove from heat immediately after it starts to boil and allow the eggs to rest in the water, exactly 1 minute. Remove and place in iced water. Peel the eggs and set aside.  
2 For the dressing, combine the port, oil, mustard and lemon juice in a mixing bowl and whisk well. Season to taste.  
3 Prepare the 'noodles' by slicing the baby marrows with a julienne peeler and placing on a serving platter. Halve the quail eggs and add to the platter. Spoon over the dressing. Place the biltong sticks between two thick pieces of newspaper lined with greaseproof paper and beat with a meat mallet until

falling apart. Sprinkle the salad with the biltong and Gorgonzola and serve.

## Fresh asparagus with biltong, black garlic and olive butter

Serves 6 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS

**75g Kalamata olives, pitted**  
**2 anchovy fillets**  
**30g biltong dust + extra, to garnish**  
**6 black garlic cloves**

**5ml (1 tsp) light brown sugar**  
**25ml fresh parsley, roughly chopped**  
**1 fennel bulb**  
**250g butter, at room temperature**  
**800g fresh asparagus spears**  
**sea salt, to garnish**

### HOW TO DO IT

1 Place the olives, anchovy fillets, biltong dust, black garlic, sugar, parsley and half of the fennel bulb in a food processor and pulse until roughly chopped.





2 Place the butter in a mixing bowl, add the chopped biltong mixture and mix well. Allow to stand at room temperature until needed.

3 Thinly shave the remaining fennel bulb half and crisp up in a little iced water.

4 Blanch the asparagus spears until just tender, 2 – 3 minutes. Drain and place on a serving dish. Top the warm asparagus with spoonfuls of the biltong butter and finish with the shaved fennel bulb. Add a generous sprinkling of biltong dust and sea salt to serve.

### Shaved biltong and pea open ravioli

Serves 6 **EASY** 30 mins

#### THE FLAVOUR COMBINATIONS

400g very moist biltong  
12 fresh lasagne sheets  
500g fresh peas  
75g Parmesan, finely grated  
125ml (½ cup) extra virgin olive oil  
juice of ½ lemon  
splash white wine vinegar  
6 very fresh eggs  
large handful fresh sugar snap peas, split in half lengthways  
50ml fresh parsley/fennel, torn  
black salt flakes, to taste

#### HOW TO DO IT

1 Using a very sharp knife, slice the biltong into paper-thin wafers and set aside.

2 Bring a saucepan of salted water to a rolling boil, add the pasta sheets and peas and boil, 2 – 3 minutes. Drain and place in a mixing bowl. Add the Parmesan, olive oil and lemon juice and toss lightly.

3 Bring another saucepan of water to

a simmer and add the splash of vinegar. Poach the eggs in the simmering water until the white is set and the yolks are still runny, 4 – 5 minutes.

4 Spoon the peas and pasta sheets into 6 serving bowls and top with the biltong slices and soft-poached eggs. Arrange some sugar snap pea halves around each plate and finish with a sprinkling of parsley and black salt to serve.

### Pan-grilled angelfish with shaved biltong and radish-caper butter

Serves 6 **EASY** 30 mins

#### THE FLAVOUR COMBINATIONS

5ml (1 tsp) sugar  
6 x 200g angelfish/sustainable firm white fish fillets  
45ml (3 tbsp) olive oil  
150g butter  
45ml (3 tbsp) shallots, peeled and finely sliced  
25ml small capers, rinsed  
45ml (3 tbsp) caperberries, sliced + extra, left whole, to garnish

25ml fresh parsley, chopped  
4 red radishes, thinly sliced  
juice of ½ lemon  
60g very moist biltong, thinly shaved

nasturtium leaves, to garnish (optional)

#### HOW TO DO IT

1 Heat a non-stick frying pan over high heat until very hot. Sprinkle the sugar into the pan (it will immediately caramelise) and add the fish fillets. Drizzle with the oil and cook until just cooked, 2 – 3 minutes on each side. Remove the fish and place on a serving dish.

2 Return the pan to the heat and cook the butter until starting to brown. Add the shallots, capers, sliced caperberries, parsley, radishes and lemon juice and combine all of the ingredients in the hot butter. Do not cook the ingredients in the butter. Remove from heat and pour the mixture over the fish.

3 Sprinkle the fish with the shaved biltong and finish with a few nasturtium leaves, if desired, and caperberries to serve.











into the biltong dust. Serve warm with crème fraîche, sprinkled with capers and with a drizzle of the reduced syrup.

## Biltong, salted almond and honey nougat with dried olives

Serves 12 **EASY** 30 mins + cooling time

### THE FLAVOUR COMBINATIONS

50g biltong dust + extra, to serve  
250ml (1 cup) honey  
645g sugar  
125ml (½ cup) water  
3 egg whites  
75g icing sugar  
120g salted almonds  
150g pitted soft, dried olives (can be replaced with dried prunes for a sweeter version)  
10ml (2 tsp) coriander seeds, crushed

### HOW TO DO IT

- 1 Prepare a large baking tray by greasing and scattering with the fine biltong dust.
- 2 Combine the honey, sugar and water in a saucepan over low heat and heat slowly until dissolved and starting to boil.
- 3 Place the egg whites in a mixer and whisk to soft peaks. Add the icing sugar in 3 batches and continue to whisk slowly while the syrup is boiling.
- 4 Boil the syrup over medium heat until it reaches 158°C on a sugar thermometer. Carefully remove the syrup from the heat and allow to reach 145°C. Slowly pour the hot syrup, little by little, into the egg whites, while whisking continuously. When all of the syrup has been added, reduce the mixer speed to low and whisk for a further 5 minutes until the mixture is slightly cooled. Fold in the nuts and dried olives.
- 5 Spoon the mixture onto the biltong dust, sprinkle with coriander seeds and gently fold the nougat several times to marble the biltong into the nougat. Allow to rest until cool. Cut into slices and serve sprinkled with extra biltong dust. Store in an airtight container – this is best served within 5 days.

## Biltong-dipped poached pears with crème fraîche and capers

Serves 6 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS

6 – 8 medium pears, peeled  
1L (4 cups) water  
215g sugar  
10ml (2 tsp) coriander seeds, crushed  
1 bay leaf  
2,5cm fresh ginger, bruised

75g biltong dust  
250ml (1 cup) crème fraîche  
25ml small capers, rinsed

### HOW TO DO IT

- 1 Place the pears in a saucepan with the water, sugar and spices. Bring to a simmer and cook, covered, until the pears are soft, 18 – 20 minutes. Carefully remove the pears with a slotted spoon and set aside.
- 2 Bring the poaching liquid to a boil and reduce by two thirds until syrupy.
- 3 Dip the pears into the syrup and then









*Biltong, salted almond and honey nougat with dried olives*







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OUTSTANDING  
MOMENTS





Clockwise from left: Petrus Bosman, Carla Bosman, PD Bosman, Helen Bosman, Jannie Bosman Sr, Twinkle Bosman, Blanche Roux and Jannie Bosman Jr.

## KEEPING IT

## *in the family*

STEEPED IN HISTORY AND TRADITION, THE EIGHTH GENERATION BOSMAN FAMILY VINEYARDS IS ONE OF SOUTH AFRICA'S OLDEST AND MOST ESTABLISHED WINERIES. EUGENE YIGA SPENT A DAY ON THE FARM TO TRACE THE FAMILY'S ROOTS FROM VINE TO WINE

Recipes and styling by TINA MARITZ Photographs by ANDREA VAN DER SPUY

**G**rowing up on the farm, Jannie Bosman Sr saw his father and grandfather as role models in his life.

"I remember the ways they would strive to embrace nature with all its challenges," he says, "finding peace and quietness in hard work with long hours, but never without loads of smiles and happiness from them and their employees."

In 1971, Jannie met his wife, Twinkle (a name her older brother began calling her, after which everybody followed his example), while they were at school in Wellington. "I was 13 and he was 15," she recalls. "We got married on 27 October 1979 in Hermanus."

### THE ONE IN CHARGE

Petrus, the eldest of the four Bosman children, was also born and bred on the farm. And, although much has changed over the years, much remains the same. "Farming today has the same







disciplines as any other business,” says Petrus, who takes on the role of managing director. “But, every now and then, you still get the opportunity to touch the soil, taste the wines and get some dust on your clothes. Knowing that I am taking something from the earth and making it useful for others, while caring about the health of the earth and the people who work on it, gives me great pleasure.”

In 2008, Petrus married Carla, his Stellenbosch University sweetheart. Soon after she joined the business as part of the marketing team, Carla saw an opportunity to have excellent wines delivered door to door. Thus was born the Bosman Family Wine Club.

“People who signed up on the estate and have heard all the great stories behind our wines and vineyards know where the wines come from and how carefully we nurture them,” she says. “I think the benefit that the members enjoy the most is the fact that they feel like they are part of the family.”

### THE PASSIONATE ONE

As second son, Pieter-Daniël (PD) Bosman is Agricultural Operations Manager. His job is to make sure all 300 employees are happy and productive on a daily basis. And, given that the farm was the 2015 runner-up for The Ethical Company of the Year at The Drinks Business Green Awards, it seems to be working.

“The administration is quite challenging,” PD says. “The business and workforce is growing in size and I have a far greater affinity for nature and people than for paperwork! But I enjoy seeing people who love their work and do what they do with a smile on their face. That inspires me.”

### THE TECHNICAL ONE

Meanwhile, the third son, Jannie Jr,

looks after the technical aspects of the Vine Nursery. Its main goal is to improve the quality of plant material available to South African vineyard growers, be it wine grapes, table grapes or raisin grapes.

“The Vine Nursery is labour-intensive, with each vine getting handled about 50 times by the time it’s sold,” he says. “We would like to equip them with the best possible plant material and give them a better chance against vineyard viruses that impact the lifespan of their vineyards.”

It is through Lelienfontein Vine Growers that Bosman Family Vineyards has established the most enviable of situations for a winemaker: a library of 47 different grape varieties at its disposal. (The 47 Varietal Rosé includes all 47 types of grape!) The privilege is one that only a few wineries in the world enjoy and makes Bosman Family Vineyards custodians of their wines from their very roots.

### THE ONE WHO REPRESENTS

As the fourth and youngest child, it was a natural progression for Antonia to join her brothers and her father in the family business. She began in 2010 after completing sales training in the US and South Africa, and she handles the export markets.

“I believe sales are based on good relationships and being there for our customers as a real person representing the brands,” Antonia says. “I would like to see our wine in more restaurants where people can create memories with loved ones, great food and great wine.”

Antonia met her husband, Hilmar van der Berg, in 2013 – three months after he joined the team as manager of Leeuwrivier, the family’s sheep and game farm operation near Beaufort West. Jannie Sr and Twinkle both told

each other that if Antonia didn’t fall in love with a guy like Hilmar, she would probably never marry anyone!

In a remarkable coincidence, Hilmar has previous ties to the farm too. It turns out that Jannie Sr bought the farm from the previous owner, who had bought it from Hilmar’s grandfather. Now, Antonia and Hilmar can continue the family legacy together on the farm.

“Our vision is to be a leading agricultural enterprise, controlled by families, that strives to improve the quality of life for all involved,” says Jannie Sr. “The relationships that my father and grandfather had with their workers and their families on the farm were inspirational. They were always focused on working together for a better future.”

### HOME SWEET HOME

Driving into the Bosman Family Vineyards property at Lelienfontein, one is struck by the sense of history. Next to the Tasting Room, with walls stained red from when it was where they made wine, is the family museum and its ancient equipment. Meanwhile, the barrel-storage room includes the original roof with engravings on the beams dating back 150 years.

It’s the same in Petrus and Carla’s home. Built in 1795, the couple has been living there for six years. “Petrus and I work together for our children so that hopefully, one day, they will also join us,” Carla says as she prepares lunch with the assistance of the family caterer, Tina Maritz. Lunch is something the family enjoys together every week. “We’re building all of this for our family.”

*The impressive gates of Lelienfontein are open to the public on Saturdays from 10am – 3pm for tastings, but, if you would like personalised attention,*





*Oven-roasted aubergines with Greek yoghurt and pomegranate*

which includes a warm refresher towel on arrival and cucumber sandwiches, call or email ahead to make a booking for any day of the week (except Sundays). The tasting includes a tour of the 250-year-old cellar, where you'll see original tools and barrels used eight generations ago, learn about how the Bosman family has been grafting vines since 1888, and hear about their incredible social-upliftment programme. Lelienfontein, Hexberg Road, Wellington; 021-873-3170; bosmanwines.com

## Oven-roasted aubergines with Greek yoghurt and pomegranate

As Wellington heats up during spring, we usually enjoy a variety of salads to accompany the meat. Whatever is in season, I incorporate in the salad  
Serves 6 – 8 **EASY** 30 mins



### THE FLAVOUR COMBINATIONS

**3 medium aubergines, cut lengthways into 1cm-thick slices**  
**60ml (¼ cup) olive oil**  
**2 garlic cloves, peeled and chopped**  
**10ml (2 tsp) cumin seeds**  
**5ml (1 tsp) salt**  
**freshly ground black pepper, to taste**  
**250g Greek yoghurt**  
**handful fresh coriander, chopped + extra, to garnish**  
**rubies of 1 pomegranate**

### HOW TO DO IT

- 1 Preheat the oven to 200°C.
- 2 Place the aubergines on a baking tray and drizzle with the olive oil. Sprinkle with the garlic, cumin, salt and pepper and bake in the oven until tender, about 30 minutes.
- 3 Combine the Greek yoghurt and the fresh coriander.
- 4 Serve the roasted aubergines at room temperature topped with the coriander yoghurt and sprinkled with pomegranate rubies and extra coriander.

## Marinated red onion, granadilla and Parmesan salad

Serves 6 **EASY** 45 mins



### THE FLAVOUR COMBINATIONS MARINATED RED ONIONS

**1 large red onion, peeled and thinly sliced**  
**30ml (2 tbsp) red wine vinegar**  
**30ml (2 tbsp) balsamic vinegar**  
**30ml (2 tbsp) olive oil**  
**45ml (3 tbsp) brown sugar**  
**pinch salt and freshly ground black pepper, to taste**

**100g Tenderstem broccoli**  
**100g fine green beans**  
**50g mange tout**  
**100g gooseberries**  
**80g rocket**

"The Adama range is the very essence of Bosman Family Vineyards," says winemaker Corlea Fourie. "It's about creating opportunity for families that contribute to its bounty; the unique innovations in our vineyards and the cellar; and in-depth knowledge of terroir accumulated over generations."

The range began with the Adama Red, a blend created in 2007. It has been rated one of SA's Top 100 Wines as well as Best New World Red in *Decanter* magazine. Three years later, the aromatic Adama White came along. It has featured among the Old Mutual Trophy Wine Show's Top 10 White Wines and has been a four-star wine in *Platter's South African Wines*. "There is no fixed recipe to these wines," says Corlea. "They are finished when we're satisfied something interesting, exciting and exceptional has been created."

The range is named after Adam Apollis, a forefather of many families still engaged on the farm to this day. (Translated from Hebrew, 'Adama' means 'from the earth' and reflects the central role that terroir plays in the wines.) Adam was closely involved with the vines and production, making him a valued confidant of the Bosmans, guardians of the land since 1798.

Things have changed significantly, but farming and cellar practices maintain a single-minded focus on quality and sustainability. "We all think Adama, as he was affectionately known, would be impressed by how far we've come," says Corlea. "He would be very proud."





*Marinated red  
onion, granadilla  
and Parmesan  
salad*







*Roast chicken with lemon and herbs*



**pulp of 3 ripe granadillas, to serve**  
**Parmesan shavings, to serve**

#### HOW TO DO IT

1 Place the sliced onion in a medium mixing bowl and combine with the remaining marinade ingredients. Refrigerate to marinate, 30 minutes.  
2 In a heavy-based saucepan, bring 1L salted water to a boil. Blanch the broccoli, green beans and mange tout. Strain and immediately immerse in iced

water to refresh.

3 On a platter, arrange the marinated onion, broccoli, green beans, mange tout, gooseberries and rocket. Drizzle with the granadilla pulp and top with Parmesan shavings to serve.

### Roast chicken with lemon and herbs

Serves 4 – 6 **EASY** 1 hr 15 mins + resting time



#### THE FLAVOUR COMBINATIONS

**2 medium onions, peeled and roughly chopped**  
**2 carrots, washed and roughly chopped**  
**2 celery sticks, washed and roughly chopped**  
**4 garlic cloves, peeled**  
**1 (about 1,6kg) free-range chicken**  
**50ml olive oil**  
**5ml (1 tsp) sea salt**  
**freshly ground black pepper, to taste**  
**1 lemon**  
**1 small bunch fresh thyme and rosemary + extra, to garnish**

#### HOW TO DO IT

1 Preheat the oven to 200°C.  
2 Scatter the vegetables and garlic into the centre of a roasting dish and place the chicken on top. Rub the chicken with the olive oil, salt and pepper. Place the lemon in the cavity along with the fresh herbs and roast in the oven, 1 hour and 15 minutes.  
3 When the chicken is cooked, remove from oven, cover with foil and allow to rest, 15 minutes, before carving. Garnish with fresh rosemary to serve.

### Mediterranean leg of lamb

*The origin of food is important to us. The lamb is from our farm in the Karoo, where Antonia and Hilmar farm game, sheep and cattle. The animals are as free-range as can be and completely organic*  
Serve 6 – 8 **EASY** 2 hrs 30 mins + overnight, to marinate





Carla Bosman, at seven-months pregnant

#### THE FLAVOUR COMBINATIONS

500g Greek yoghurt  
handful fresh coriander, roughly chopped + extra, to garnish  
30ml (2 tbsp) olive oil  
2 garlic cloves, peeled and halved  
10ml (2 tsp) smoked paprika  
10ml (2 tsp) ground cumin  
5ml (1 tsp) salt  
freshly ground black pepper, to taste  
peel of 1 lemon  
1 (about 2,5kg) leg of lamb

#### HOW TO DO IT

1 Mix together all of the ingredients, except the lamb, in a bowl. Rub the leg of lamb with the marinade to cover all of the meat. Place in a resealable bag and refrigerate to marinate overnight.  
2 When ready to cook, remove from fridge and bring back to room temperature. Preheat the oven to 200°C.  
3 Roast the leg of lamb in its marinade in the oven, about 2 hours and 30 minutes. Serve topped with the sauce and extra coriander to garnish.

### Slow-roasted beetroot and butternut with caramelised pumpkin seeds

Serves 6 **EASY** 1 hr + cooling time

#### THE FLAVOUR COMBINATIONS

1kg beetroot, cleaned  
60ml (¼ cup) olive oil  
1 large butternut, sliced  
30ml (2 tbsp) honey  
30ml (2 tbsp) treacle sugar  
100g pumpkin seeds



*Mediterranean leg of lamb*

100g chevin  
50g crimson microherbs

#### HOW TO DO IT

1 Preheat the oven to 180°C.  
2 Place the beetroot on a baking tray, drizzle with half of the olive oil and roast until tender, about 1 hour.  
3 Place the sliced butternut on a baking tray, rub with the remaining olive oil and bake alongside the beetroot, 40 minutes.  
4 Remove the beetroot and butternut

from the oven and allow to cool to room temperature to serve.

5 In a non-stick frying pan over medium heat, caramelise the honey and sugar, about 10 minutes, then add the pumpkin seeds. Pour the hot mixture onto baking paper and leave to cool completely before breaking into small pieces.  
6 Arrange the beetroot, butternut and chevin on a platter, sprinkle with the pumpkin-seed shards and garnish with crimson microherbs to serve.





*Slow-roasted beetroot and butternut  
with caramelised pumpkin seeds*



*Baked guava crumble*

## Baked guava crumble

*We farm a few hectares of guavas as well and, during winter, I stock up on this lovely vitamin C-loaded fruit. Peel them, stew and package in small freezer bags so that they are readily available throughout the year. This is one of Twinkle's recipes – an all-time favourite of the family, especially at Sunday lunch*

Serves 6 **A LITTLE EFFORT** 1 hr  
30 mins

### THE FLAVOUR COMBINATIONS

500ml (2 cups) water  
200g sugar  
1kg ripe guavas, peeled and halved

### CRUMBLE

125g cake flour  
pinch salt  
175g brown sugar  
60g rolled oats  
125g butter, melted  
100g hazelnuts, chopped

### CUSTARD

500ml (2 cups) milk  
60ml (¼ cup) sugar  
30ml (2 tbsp) cornflour  
125ml (½ cup) cold milk

**2 large free-range eggs, beaten**  
**2,5ml (½ tsp) vanilla extract**

### HOW TO DO IT

- 1 Preheat the oven to 180°C.
- 2 In a heavy-based saucepan, bring the water and 200g sugar to a boil. Add the guava halves and poach until tender, but firm, about 10 minutes. Remove from heat and strain the guavas from the syrup. Place the guavas on a baking tray.
- 3 For the crumble, mix all of the ingredients together in a medium mixing bowl.
- 4 Top the guavas with the crumble mixture and bake in the preheated oven, 30 minutes.
- 5 For the custard, heat the 500ml (2 cups) milk to boiling point, then remove from heat. Add the 60ml (¼ cup) sugar and mix until dissolved.
- 6 Add the cornflour to the cold milk, then add this mixture to the eggs and beat until it begins to foam.
- 7 Add the warm milk to the egg mixture and mix thoroughly. Place this mixture back over medium heat and beat continuously until the mixture thickens

and reaches a custard-like consistency. Remove from heat and allow to cool down before you add the vanilla extract.  
8 Serve the custard with the baked guava crumble.





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# BRAAI DAY, THE

# vegan

# WAY

Recipes and styling by  
CLAIRE FERRANDI

Assisted by NOMVUSELELO  
MNCUBE Photographs  
by DYLAN SWART



*White bean and baby marrow  
burgers with cashew mayo  
and a sprout salad*



WE ALL WANT TO BE ABLE TO CELEBRATE HERITAGE DAY, NO MATTER WHAT OUR FOODIE PREFERENCE. AND BRAAIS ARE BY NO MEANS FOR MEAT-LOVERS ALONE! WE'VE PUT TOGETHER A BRAAI DAY BANQUET FOR ALL YOU TRUSTY VEGANS OUT THERE...

## White bean and baby marrow burgers with cashew mayo and a sprout salad

Serves 4 **EASY** 15 – 30 mins

### THE FLAVOUR COMBINATIONS WHITE BEAN AND BABY MARROW BURGERS

½ red onion, peeled and finely chopped  
1 x 400g tin cannellini beans, drained  
30ml (2 tbsp) flaxseeds  
30ml (2 tbsp) chia seeds  
30ml (2 tbsp) ground almonds  
5ml (1 tsp) smoked paprika  
zest of 1 lemon  
4 baby marrows, grated  
30g sunflower seeds  
salt and freshly ground black pepper, to taste

### VEGAN CASHEW MAYO

100g cashews, soaked for 10 minutes in boiling water, drained and water discarded  
30ml (2 tbsp) water  
15ml (1 tbsp) Dijon mustard  
juice of ½ lemon  
1 garlic clove, peeled and crushed  
10ml (2 tsp) white vinegar

### TO SERVE

4 burger buns, halved and toasted  
handful lettuce leaves  
1 avocado, peeled, pitted and sliced lengthways  
2 tomatoes, sliced  
1 red onion, peeled and sliced into rings  
handful sprouts of your choice  
lemon wedges, to squeeze

### HOW TO DO IT

- 1 Prepare a braai to grill the burgers over medium-high heat.
- 2 For the burger patties, place all of the ingredients – except the baby marrows, sunflower seeds and seasoning – in a blender and blitz until just smooth. Remove from blender and stir in the grated baby marrows and sunflower seeds. Season well to taste.
- 3 Divide the burger mixture into 4 and shape into patties. Grill on the braai until slightly charred, 3 – 4 minutes
- 4 For the vegan cashew mayo, place all of the ingredients in a blender and blitz until smooth. Season to taste.
- 5 To assemble the burgers, place a dollop of mayo on each burger-bun half. Top with some lettuce, a patty, avocado slices, tomato slices, red onion slices and sprouts. Close the burgers and serve with lemon wedges for squeezing.







## Braaied spiced aubergine and tofu skewers

Serves 4 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS

2 aubergines, cut into 2cm cubes  
1 x 297g block tofu, cut into 2cm cubes  
4 sprigs fresh rosemary, each snipped into 2  
60ml (¼ cup) olive oil  
1,25ml (¼ tsp) dried chilli flakes  
5ml (1 tsp) ground cumin  
5ml (1 tsp) ground coriander  
5ml (1 tsp) sumac  
salt and freshly ground black pepper, to taste

fresh bay leaves, to garnish (optional)

### HOW TO DO IT

- 1 Prepare a braai to grill the skewers over medium-high heat.
- 2 Thread the aubergine cubes, tofu cubes and rosemary onto 4 metal skewers. Drizzle with the olive oil.
- 3 In a separate bowl, combine the chilli flakes and spices. Sprinkle the spice mixture over the assembled skewers and season well to taste.
- 4 Place the skewers on the braai and grill until slightly charred, about 20 minutes. Serve warm, garnished with fresh bay leaves, if desired.

## Braaied flatbreads with hummus and spring greens

Serves 4 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS

#### HUMMUS

1 x 400g tin chickpeas, drained  
1 garlic clove, peeled and crushed  
zest and juice of 1 lemon  
5ml (1 tsp) ground cumin  
5ml (1 tsp) ground coriander  
125ml (½ cup) olive oil  
salt and freshly ground pepper, to taste

#### FLATBREADS

300g cake flour  
2,5ml (½ tsp) salt  
15ml (1 tbsp) baking powder  
5ml (1 tsp) cumin seeds  
5ml (1 tsp) dried rosemary  
45ml (3 tbsp) olive oil  
90ml warm water

100g asparagus spears, blanched  
100g frozen peas, thawed

pea shoots, to garnish





## Braaied bananas with toasted coconut and coconut-caramel sauce

Serves 4 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS COCONUT-CARAMEL SAUCE

**230g sugar**  
**60ml (¼ cup) water**  
**pinch salt**  
**1 x 400ml tin coconut cream, chilled and unshaken**  
**5ml (1 tsp) vanilla essence**

**4 bananas, unpeeled and sliced in half lengthways**  
**50g coconut oil**  
**30g castor sugar**

**small handful coconut shavings, toasted, to serve**  
**fresh mint, to garnish**

### HOW TO DO IT

- 1 Prepare a braai to grill the bananas over medium heat.
- 2 For the coconut-caramel sauce, place the sugar, water and salt in a medium saucepan and bring to a boil, not stirring at all. Cook until golden brown in colour, about 7 minutes.
- 3 While the caramel cooks, open the tin of coconut cream and carefully scoop the thick, creamy layer off the top (it should equal around 175ml). Reserve the creamy layer and keep the water layer remaining in the tin for another meal (it makes a delicious addition to soups!).
- 4 When the caramel is ready, remove from heat and add the coconut cream (thick layer). Return to the heat and stir continuously, 5 minutes. Once the caramel is ready, stir in the vanilla essence and set aside to cool a little.

### HOW TO DO IT

- 1 For the hummus, place the chickpeas, garlic, lemon zest and juice, spices and the 125ml (½ cup) olive oil in a blender, and blitz until almost smooth. Season to taste and set aside.
- 2 For the flatbreads, sieve together the cake flour, salt and baking powder. Stir the cumin seeds and dried rosemary through the dry ingredients. Place the dry ingredients in a bowl and make a well in the centre. Pour the 45ml (3 tbsp) olive oil and water into the well and gently start to incorporate the dry and wet ingredients until smooth and elastic, 5 minutes. Set the dough aside to rest for 10 minutes.
- 3 Prepare a braai to grill the flatbreads over medium heat.
- 4 Divide the dough into 8 balls and, using a rolling pin, roll out to 0,5cm thickness. Place the flatbreads on the braai and grill until slightly charred, 3 minutes on each side.
- 5 To serve, place the hummus on a plate and top with the blanched asparagus spears and peas. Garnish with pea shoots and serve alongside the flatbreads as a shared snack.





5 Dot the bananas with the coconut oil and a sprinkling of castor sugar. First, toast the skin side of the bananas on the braai, 3 minutes, then turn them over and toast the flesh, 3 minutes.

6 To serve, sprinkle the bananas with coconut shavings and fresh mint and serve alongside the coconut caramel.

## Berry and pecan crumble

Serves 6 – 8 **EASY** 45 mins



### THE FLAVOUR COMBINATIONS

350g frozen berries  
5ml (1 tsp) sherry vinegar  
zest and juice of 1 lemon  
5ml (1 tsp) vanilla essence  
pinch salt  
100g sugar  
125g cake flour  
175g brown sugar  
60g rolled oats  
120ml canola oil  
50g pecans, chopped

fresh berries, to serve  
icing sugar, to dust

### HOW TO DO IT

1 Prepare your closed braai (braai with a lid) to bake: open the lid and bowl vents and arrange glowing briquettes on each side of the charcoal grate. Pour a little water into a drip tray and place it between the glowing briquettes. Replace the cooking grate and close the lid.

2 Grease a 20cm-diameter round ovenproof dish.

3 Combine the frozen berries, vinegar, lemon zest and juice, vanilla, salt and sugar. Place in the oven dish.

4 For the crumble, mix together the cake flour, brown sugar, rolled oats and canola oil in a medium bowl. Sprinkle over the top of the berry mixture and bake in the closed braai until the topping is golden brown, 20 – 30 minutes. Serve the crumble with fresh berries and a dusting of icing sugar.







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# Let's graze

WITH HERITAGE DAY ON 24 SEPTEMBER, WE DECIDED TO TRY SOMETHING NEW BY PUTTING A SPIN ON THE DISHES WE ALL GREW UP WITH

Recipes and styling by  
CLAIRE FERRANDI Assisted  
by NOMVUSELELO MNCUBE  
Photographs by DYLAN SWART

## Deconstructed avocado ritz

*I love this update of a retro South African starter! Perfect at a dinner party on a warm evening and best enjoyed outside, with a glass of sauvignon blanc to balance the dish's richness*

Serves 4 **EASY** 15 – 20 mins

### THE FLAVOUR COMBINATIONS HOME-MADE ROASTED-GARLIC MAYONNAISE

**3 garlic cloves, roasted**

**1 egg yolk**

**5ml (1 tsp) white wine vinegar**

**100ml sunflower oil**

**juice of 1 lemon**

**salt and freshly ground black pepper, to taste**

**125g cream cheese, at room temperature**

**5ml (1 tsp) Tabasco sauce**

**200g prawns, cleaned and cooked**  
**small handful fresh dill, roughly chopped**

**2 avocados, peeled and mashed**

**fresh celery leaves, to garnish**

### HOW TO DO IT

**1** For the mayonnaise, place the roasted garlic, egg yolk and vinegar in a glass jug. Using a stick blender, blitz to combine. Gradually add the sunflower oil, 15ml (1 tbsp) at a time,

and blend continuously to emulsify. Season with the juice of half a lemon and salt and black pepper.

**2** Gently beat the cream cheese with the Tabasco and the juice of half a lemon. Combine the cream cheese with the home-made mayonnaise.

**3** Toss the prawns in the fresh dill and season. Season the mashed avocado.

**4** To assemble, place a dollop of avocado in the base of 4 glasses. Top with the mayonnaise mixture and then the prawns. Garnish with celery leaves and serve immediately.

## Cape Malay lamb curry croquettes with spiced apple chutney

*Even if you don't make the croquettes, this spiced apple chutney is really worth making! It is based on a recipe I received at Silwood School of Cookery and is one of my all-time favourites. It makes for a perfect accompaniment to eggs and meat, and is great on a cheeseboard. It's also a delicious edible gift. If stored in a sealed, sterilised container, it will keep in the fridge for up to 1 month*  
Serves 6 **A LITTLE EFFORT** 2 hrs  
15 mins + 4 hrs or overnight, to chill

### THE FLAVOUR COMBINATIONS LAMB CURRY CROQUETTES

**60ml (¼ cup) sunflower oil + extra, to deep-fry**

**500g boneless lamb shoulder, cut into 2cm cubes**

**1 onion, peeled and diced**

**1 garlic clove, peeled and minced**  
**2cm piece fresh ginger, peeled and crushed**

**7,5ml (1½ tsp) medium curry powder**

**5ml (1 tsp) ground coriander**

**5ml (1 tsp) ground cumin**

**1,25ml (¼ tsp) ground turmeric**







**1 cinnamon stick**  
**1 clove**  
**½ dried bay leaf**  
**1 carrot, peeled and diced**  
**125g dried apricots, soaked in boiling water for 30 minutes and drained**  
**30ml (2 tbsp) tomato paste**  
**25ml white vinegar**  
**125ml (½ cup) lamb/beef stock**  
**salt and freshly ground black pepper, to taste**  
**2 eggs, beaten**  
**pinch salt**  
**150g cake flour**  
**100g panko breadcrumbs**

### SPICED APPLE CHUTNEY

**½ red onion, peeled and finely diced**

**425g Golden Delicious apples, cored and cut into 1cm cubes**  
**50g golden sultanas**  
**1 stick cinnamon**  
**pinch ground cloves**  
**5ml (1 tsp) mixed spice**  
**2,5ml (½ tsp) cayenne pepper**  
**2,5ml (½ tsp) salt**  
**70g sugar**  
**175ml brown malt vinegar**  
**50ml water**

**vegetable crudités, to serve**  
**fresh herbs, to serve**  
**fresh rosemary, to garnish**

### HOW TO DO IT

**1** For the lamb curry, heat 30ml (2 tbsp)

of the sunflower oil in a heavy-based casserole pot over high heat. When the oil is smoking hot, add the lamb cubes and brown on all sides, 4 minutes.

Remove from pot and set aside.

**2** Heat the remaining 30ml (2 tbsp) sunflower oil in the same pot over low heat, and gently sauté the onion and garlic, 5 minutes. Add the ginger, curry powder, ground coriander, ground cumin, ground turmeric, cinnamon stick, clove and bay leaf. Increase the heat to medium-high and toast the spices, 2 minutes. Return the meat to the pot along with the carrot, apricots, tomato paste, white vinegar and stock. Simmer, covered, over low heat until the meat is very tender, 1½ hours. Season to taste and allow the curry to cool a little. While the curry is still warm, shred the meat using 2 forks. Place the curry in the fridge to chill for at least 4 hours or, preferably, overnight.

**3** For the apple chutney, place all of the ingredients in a medium saucepan and heat gently until the sugar has dissolved. Simmer gently over low heat until the chutney is thick, 1 hour.

**4** Remove the cooled and thickened curry from the fridge and roll into balls using a tablespoon measure as a guide.

**5** In a medium bowl, whisk the eggs and pinch salt together. Place the cake flour and panko breadcrumbs in separate bowls. Roll each curry ball first in cake flour, then dip into the egg mixture and, finally, roll in the breadcrumbs. Repeat until all the balls are crumbed. Place the balls in the fridge to firm up, 30 minutes.

**6** In a medium saucepan or deep-fryer, heat sunflower oil to 180°C. Fry the lamb curry croquettes in small batches until golden brown, 3 – 4 minutes. Drain on paper towel.

**7** If necessary, reheat the croquettes in an oven heated to 180°C for 10 minutes just before serving.

**8** Arrange the croquettes on a platter with vegetable crudités and fresh herbs. Garnish with rosemary and serve with the chutney for dipping.



## Smoked snoek pâté with sesame mosbolletjie French toast and black cherry compote

Serves 4 – 6 **EASY** 45 mins

### THE FLAVOUR COMBINATIONS SNOEK PÂTÉ

**125g cream cheese, at room temperature**  
**100g good-quality shop-bought mayonnaise**  
**juice of ½ lemon**  
**small handful fresh parsley, roughly chopped**  
**100g smoked snoek, flaked**  
**salt and freshly ground black pepper, to taste**

### SESAME MOSBOLLETJIE FRENCH TOAST

**15ml (1 tbsp) olive oil**  
**2 large eggs, beaten**  
**pinch salt**  
**100g butter**  
**6 – 8 thick slices mosbolletjie bread**  
**60g sesame seeds**

### BLACK CHERRY COMPOTE

**1 x 425g tin pitted black cherries, liquid discarded**  
**100g sugar**  
**pinch salt**

**fresh herbs, to garnish**

### HOW TO DO IT

- 1 For the snoek pâté, beat the cream cheese and mayonnaise together until smooth. Stir in the lemon juice, parsley and smoked snoek and season to taste.
- 2 For the French toast, heat the olive oil in a large frying pan over medium heat.
- 3 In a separate shallow bowl, whisk the eggs and salt until smooth and runny.
- 4 Place the butter in the pan. While the butter is melting, dip a piece of bread into the egg mixture, sprinkle with sesame seeds on both sides and pan-fry until golden, about 2 minutes on each side. Fry the French toast in batches and continue until all have been cooked. Set aside on a plate.

5 For the cherry compote, combine the cherries, sugar and salt in a small saucepan over medium heat and cook, stirring occasionally, 10 minutes.

6 To serve, slice the French toast into thirds. Arrange on a serving platter and garnish with fresh herbs. Place the pâté and cherry compote in separate bowls to spread onto the toast slices.

## Amarula malva pudding with Rooibos custard

Serves 6 **A LITTLE EFFORT** 1 hr

### THE FLAVOUR COMBINATIONS MALVA PUDDING

**180g castor sugar**  
**2 large eggs**  
**15ml (1 tbsp) apricot jam**  
**70g butter, melted**  
**5ml (1 tsp) white spirit vinegar**  
**80ml (⅓ cup) milk**  
**140g cake flour, sifted**  
**5ml (1 tsp) bicarbonate of soda**  
**pinch salt**

### AMARULA SYRUP

**150g butter**  
**230g demerara sugar**  
**125ml (½ cup) fresh cream**  
**250ml (1 cup) Amarula**  
**pinch salt**

### ROOIBOS CUSTARD

**400ml milk**  
**5ml (1 tsp) vanilla essence**  
**2 Rooibos tea bags**  
**40g castor sugar**  
**4 large eggs**  
**pinch salt**



### HOW TO DO IT

- 1 For the malva sponge, preheat the oven to 180°C. Grease an 18cm x 18cm x 5cm dish or a 20cm-round dish.
- 2 Using electric beaters, beat the 180g castor sugar and 2 eggs together until pale and fluffy, about 5 minutes. Add the apricot jam and mix through. Add the 70g melted butter, vinegar and 80ml (⅓ cup) milk to the mixture and stir well to combine.
- 3 Sieve the flour, bicarbonate of soda and pinch salt together. Combine with the egg mixture until smooth. Pour into the greased







## Stacked Peppermint Crisp tarts

Serves 4 – 6 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS COCONUT SHORTBREAD

230g butter, softened  
100g castor sugar  
5ml (1 tsp) vanilla essence  
pinch salt  
260g cake flour + extra, to dust  
50g desiccated coconut

### CARAMEL CREAM

250g mascarpone  
120ml fresh cream  
150g Nestlé Caramel Treat

150g slab Nestlé Peppermint Crisp, crushed  
dried coconut shavings, toasted, to garnish  
fresh mint leaves, to garnish

### HOW TO DO IT

1 For the shortbread, beat the butter, castor sugar, vanilla essence and salt until pale and fluffy. Beat in the cake flour and coconut and knead briefly by hand, about 1 minute. Shape the dough into a disc, wrap in cling film and refrigerate, 20 minutes.

2 Preheat the oven to 180°C and grease and line a baking sheet. Place the dough on a dusted work surface and roll to a thickness of 0,5cm. Cut out 5cm rounds using a scalloped or plain cookie cutter. Place on the baking sheet and bake the cookies until golden brown, about 12 minutes. Remove from oven and allow to cool completely.

3 For the caramel cream, gently combine the mascarpone and cream by hand until smooth. Be careful not to over-beat as the mascarpone may separate. Fold in the Caramel Treat.

4 To assemble, place a cookie on a plate and top with the mascarpone mixture, a sprinkle of crushed Peppermint Crisp and toasted coconut shavings. Repeat the layers 3 – 4 times, finishing with a sprinkling of Peppermint Crisp and toasted coconut. Garnish with fresh mint to serve.



dish and bake until golden brown and a skewer inserted into the centre comes out clean, about 30 minutes.

4 For the syrup, combine all of the ingredients together in a small saucepan. Bring to a boil, then remove from heat and set aside.

5 Take the malva sponge out of the oven, prick all over with a skewer and pour the warm Amarula syrup over the top.

6 For the custard, place the 400ml milk, vanilla essence and Rooibos tea bags in a medium saucepan and bring to a boil. Remove from heat and discard the tea bags. Combine the 40g castor sugar, 4 eggs and pinch salt and stir through the warm milk mixture. Place in a bowl over steaming hot water (not boiling) and stir with a wooden spoon until thickened, about 7 minutes. (Do not allow the water to touch the bottom of the bowl.) Strain through a fine sieve and serve with the warm malva pudding.



## Milk-tart ice cream with Marie biscuit crumble

Serves 4 **EASY** 15 mins + cooling time  
+ churning time + freezing time

### THE FLAVOUR COMBINATIONS

600ml milk

5ml (1 tsp) ground cinnamon +  
extra, to dust

2,5ml (½ tsp) ground nutmeg

6 large egg yolks

160g castor sugar

30ml (2 tbsp) custard powder

600ml fresh cream

5ml (1 tsp) salt

100g Bakers Original Marie  
biscuits, crumbled + extra, to serve

### HOW TO DO IT

1 Add the milk, cinnamon and nutmeg to a medium saucepan, and heat over high heat until the milk produces steam and small bubbles form. Just before the milk mixture boils, remove from heat.

2 Place the egg yolks, castor sugar and custard powder in a bowl and beat until pale and fluffy, about 3 minutes. Slowly add the hot milk mixture to the egg yolk and sugar mixture. Return to the saucepan and, over very low heat, stir constantly until the custard thickens and coats the back of a spoon. Remove from heat and stir the cream through the custard. Set aside and allow to cool completely, 1 hour.

3 Once the mixture has cooled, churn in an ice-cream maker according to manufacturer's instructions. Alternatively, if an ice-cream maker is not available, place the

mixture in a freezer-proof container in the freezer and whisk every hour to break up any ice crystals that may form, until frozen. When the ice cream has thickened, stir through the crumbled Marie biscuits and allow to freeze overnight.

4 Remove the ice cream from the freezer 10 minutes before serving to allow it to soften a little. Scoop into balls, dust with ground cinnamon and serve with extra crumbled Marie biscuits on top.







# levelthree

premium venue



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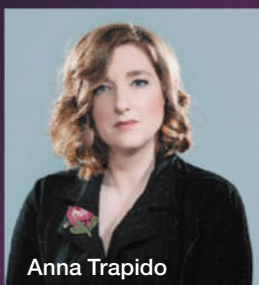
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Q&A

# A *Parisian-style* PARTY



Anna Trapido

THE  
HARTIWOOD  
FOOD AND  
FILM SHOW  
TAKES PLACE  
FROM 11 – 13  
SEPTEMBER  
AND FANS OF

THE PRODUCTION COMPANY'S  
MOVIE, *FRENCH TOAST*,  
ARE IN FOR A TREAT. WE  
CHAT TO ANNA TRAPIDO  
ABOUT HARTIWOOD, HER  
ROLE IN THE FESTIVAL  
AND THE JAM-PACKED  
'CINELICIOUS' EXPERIENCE  
THAT AWAITS...

Compiled by KERRY  
MACFIE Photographs by  
ANNEMARIE BURGER  
and MERWELENE VAN  
DER MERWE



**T**he Hartiwood Food and Film Show is a feast for all the senses, where the very best of local and international culinary cinema is teemed with an elite, artisan food and wine market and a gourmet gala dinner prepared by renowned chefs. Hartiwood films, South Africa's award-winning production company, may make movies, but it also allows fans to enjoy an epicurean experience. The former film sets from the movie *French Toast* have now been converted into a Parisian-style eatery, French Toast Coffee Café. Complete with a mini 'Eiffel Tower' and drive-in-style screens, the café lures fans for the ultimate dinner-and-a-movie deluxe...

**What is Hartiwood and where did the inspiration for it come from?**

Hartiwood is a film-production company based in Hartbeespoort. It was started in 2007 by Paul Kruger and it specialises in Afrikaans-language movies, all of which are shot in the district. Their 2010 hit, *Liefeling*, broke all previous box-office records. Since then, they have had several hits, including *Pretville* in 2012 and *French Toast* in 2015.

The company has a history of producing beautiful and accurate film sets, which are not destroyed after the productions finish but, rather, opened to the public as restaurants. *Pretville* operates as a retro-chic, 1950s-style town with a diner and a bioscope. The Parisian-café replica (complete with an accompanying three-quarter-size Eiffel Tower), which was created for *French Toast*, serves Francophone culinary classics.

**What will the set-up at the festival be like?** *French Toast* plays host to the festival over three days (from 11 – 13 September). It is a remarkable venue – you step across the threshold and it feels like you're in Paris! The film-set producers did an incredible job of creating a Francophone ambiance in the architecture.

The restaurant will operate as usual but the spacious parking area will be reconfigured as a fine food and wine market. Food films will run throughout the day in a small screening room. In the evenings, food movies will be accompanied by three-course feasts catered by Chef Coco Reinartz of *Sel et Poivre* and SABC 3's *Clover's Little Big Cook Off* fame.

**What is your involvement and how did you become interested in working on this project?** I live in Hartbeespoort and I am committed to the cultural and culinary growth of





# Q&A

the area, so, when Paul approached me to be part of the organising committee, it was a no-brainer to say yes. I can't think of a better place to host such an event. We are less than an hour from Johannesburg and Pretoria and blessed with influential film-makers, agriculture aplenty and artisan-food producers in abundance.

**Based on the theme of the movie, *French Toast*, what is your take on the French influence on food in South Africa?** Given the Parisian-style café setting and the deliciously daft 'Eiffel Tower' that dominates the market setting, we decided to give the market a Francophone theme. We are interested not only in France, but in the French influence across Africa. Of course, there will be brioche and crêpes and classic French cheeses, but we are also attracting stallholders from French-speaking African epicurean traditions. Beautiful pickles from Senegal, Tunisian falafel, rum cocktails from Mauritius and, of course, Huguenot-influenced culinary- and, especially, viticultural gems from South Africa. Where would we be without the fine wine estates of Franschhoek (many of which are participating in our show)?

**Can you tell us more about the food stalls that will be at the show?**

There are too many to mention them all but, among the treasures, are a good spread of local, national and international fine-food producers. Olives grown in our valley, sensational sourdough breads and free-range duck products come care of Funky Olive, Penny Zeffertt and Breyers Deli respectively. Organic absinthe from Jorgensen's Distillery and



Pépé Charlot's glorious goat's cheese and macaroon combo are coming from the Cape. Mrs O Foods will supply West African-inspired cook-in hot sauces, and Belgian chef, Daniel Leusch, is making moules-frites.

**Tell us about the gala 'dinner-and-a-movie' events?** There are 'dinner-and-a-movie' events on 11 and 12 September. The film and food feast will kick off on the Friday night with *The Hundred-Foot Journey* (produced by Steven Spielberg and

Oprah Winfrey). Celebrity chef Coco Reinartz is preparing a three-course sit-down meal to spoil 150 diners per evening. Saturday sees *A Year in Burgundy* take to the screen. Menus are currently being designed to match the Franco-Asian food theme of the film. There are only 150 tickets available for each night. In addition to the sit-down 'dinner-and-a-movie' evenings, there are numerous food films showing during the day. For a list of all the screenings, visit [hartiwoodfoodandfilmshow.co.za](http://hartiwoodfoodandfilmshow.co.za).





## PROMOTION



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# THE PERFECT BLEND

CLOVER SUGGESTS USING A PROUDLY SOUTH AFRICAN INGREDIENT IN YOUR SMOOTHIE THIS HERITAGE DAY

## Cucumber, Mint and Clover Amasi Smoothie

Makes 2 – 3 **EASY** 15 – 20 mins

- ❑ small handful fresh mint, rinsed + extra, to garnish
  - ❑ small handful fresh basil, rinsed
  - ❑ 1 cucumber, quartered lengthways and seeded
  - ❑ 60ml (¼ cup) apple juice
  - ❑ zest and juice of 1 lime
  - ❑ 6 ice cubes
  - ❑ 250ml (1 cup) Clover Amasi
- 1 Place all of the ingredients in the jug of a blender. Pulse until mixed, then blend on high until smooth, 2 – 3 minutes.
- 2 Serve immediately garnished with fresh mint.

## Red Velvet Smoothie

Serves 3 **EASY** 15 – 20 mins

- ❑ 1 large raw beetroot, rinsed and quartered
- ❑ 60ml (¼ cup) hot chocolate powder
- ❑ 250ml (1 cup) Clover Amasi
- ❑ 1 banana, peeled and halved
- ❑ 60ml (¼ cup) apple juice
- ❑ 6 ice cubes
- ❑ fresh berries, to garnish
- ❑ chocolate shavings, to garnish

- 1 Place all of the ingredients in the jug of a blender, starting with the beetroot. Pulse until mixed, then blend on high until smooth, 3 – 5 minutes.
- 2 Serve immediately garnished with berries and chocolate shavings.



Download the 'Cook with Clover' App for more tantalising recipes.





Back in 1997, this pot made up to 2L of pap a day. Today, Imbizo Shisanyama produces up to 200L pap on a daily basis.

# A gathering of the people

Rita Zwane, founder and managing director of Imbizo Shisanyama

ESTABLISHED IN 1997, IMBIZO SHISANYAMA IS A PROUDLY SOUTH AFRICAN INSTITUTION. BOASTING AN ELECTRIC AND AUTHENTIC EXPERIENCE THAT DRAWS ITS INSPIRATION FROM LOCAL IDENTITY AND TRADITIONS, THIS HEART-WARMING AND CROWD-PLEASING EATERY CELEBRATES THE MELTING POT THAT IS OUR RAINBOW NATION

By CHEVAUN ROUX Recipes and styling CITRUM KHUMALO  
Photographs by DAWIE VERWEY





"Anything that has to do with culture and heritage – I love it! My mother used to tell me the history of mogodu (a traditional South African dish of tripe served as a stew with hot pap) and why it's a part of my culture. I looked for what was available in the world of food that we [as South Africans] can identify with." And, so, the aptly named 'authentic African braai experience' was born. It takes me just a few moments in this buzzing, vibrant restaurant to feel and understand the palpable environment that Rita has created.

The journey has been a long one: Rita has worked in almost every industry imaginable – from secretarial work to waitressing, selling clothing on the side of the road and even contracting out her own car (with a driver she had hired) to use as an outsourced delivery service. The blood of entrepreneurship runs thick through Rita's veins: "The inspiration came from my mom – instead of giving me pocket money, she would give me sweets, which I could eat or sell. If I ate them, I had nothing; if I sold them, I had money. I learnt this skill of making a profit when I was as young as eight years old." The life-long dream to have her own business was driven by the simplicity of her childhood lessons and the complexity of her situation: "Those basic values my mom taught me were always in my mind."

While supporting herself and her son, as well as holding down three jobs, Rita learnt the tricks of the hospitality trade in her waitressing position. "It was there that I learnt the importance of customer service and the actual monetary advantage that came from giving good service." Rita soon found out that, by giving the best service possible, she could get higher tips, which meant making rent at the end of the month. "What is it they say? Good service can substitute bad food? Not that we have bad food here!" she adds.

Part of the dream in running her own business was the opportunity and ability to give back to her community. Currently, Rita supports a permanent team of 50 people, with extra temporary staff being used over the busier seasons. She realises that it is only with the support of her patrons that she can give back to the community. Imbizo runs its own Bursary

There is a unique beauty that comes with being South African – being able to own the history and diverse cultural heritage that comes with this country is something that each and every South African citizen is able to identify with, and share in together. Throughout this country, we come across stories that make us stop in our tracks and listen to the story of the journey being told. Upon meeting Rita Zwane, I was captivated by the tale she had to tell and humbled by the realisation of what an extraordinary person she is.

Rita is the founder and managing director of Imbizo Shisanyama, a restaurant based in Ebony Park, Midrand, which embodies the idea of South African food and celebration. The inspiration behind this cultural hive was born from the need for a truly African food experience in South Africa.







Programme, which offers the youth the opportunity to pursue a career in the food-and-beverage industry in South Africa.

Since its inception, Imbizo Shisanyama has highlighted Heritage Day (24 September) as a landmark date on their calendar. "Part of our history may not be that great, but it is still ours. How can we then celebrate that? Through food! Inspired by the people and their cultures!"

Rita's warm attitude towards her work and her staff can be felt everywhere. She reprimands and praises her team as if they were her children, and the privilege of being in her company is humbled by her easy and welcoming demeanour. I cannot help but feel like I will be back here, bringing my friends and family to gather with the company at Imbizo Shisanyama. "This is the space where you're able to celebrate your culture and heritage in true African class, style and dignity." **Imbizo Shisanyama, 29 September Street, Ebony Park, Midrand; 011-312-0630; imbizoshisanyama.co.za**

## South African impala potjie

*In South Africa, potjiekos (literally meaning 'pot food') has been part of South Africa's heritage and culture for many centuries. Cooking food in a potjie, also known as a 'phutu pot', is, in itself, an occasion to be celebrated by all South African cultures, regardless of race. Imbizo Shisanyama or 'Busy Corner', as it is affectionately known, has taken this delicious and much-loved tradition to new heights with its rich impala potjie. Potjies are traditionally made around an open fire, preferably in the company of good friends or family celebrating memorable moments, with one or more potjies simmering away. Serves 6 **EASY** 4 hrs 30 mins*

### THE FLAVOUR COMBINATIONS

**50ml sunflower oil**  
**100g bacon, cut into cubes (optional)**  
**1 (about 150g) onion, peeled and roughly diced**  
**1,2kg boneless impala meat, cut into cubes**  
**2 medium (about 200g) carrots, peeled and roughly diced**  
**10ml (2 tsp) sugar**  
**250g whole baby potatoes**  
**300g corn on the cobs, sliced into 1,5cm chunks**  
**5ml (1 tsp) dried sweet oregano**  
**2 fresh/dried bay leaves**



**5ml (1 tsp) salt**  
**2,5ml (½ tsp) freshly ground black pepper**  
**250g dried apricots**  
**300ml good-quality South African dry red wine**  
**1L (4 cups) beef/chicken stock**

### HOW TO DO IT

1 Heat half of the sunflower oil in a medium traditional potjie pot over

a hot braai. Sauté the bacon, if desired, until crispy. Add the onions and continue to sauté until the onions are golden brown. Remove the bacon and onions from the pot and set aside.

2 Add the remaining sunflower oil to the pot and brown the impala cubes. Remove from pot and set aside.

3 Add the carrots and sugar to the pot and sauté until the sugar has melted and the carrots are caramelised.

4 Begin layering your potjie pot with the ingredients, starting with the

impala cubes, bacon and onion mixture, carrots, baby potatoes, corn chunks, spices, salt and pepper and apricots. Add the red wine and stock and leave the potjie to cook, about 4 hours.

### COOK'S TIPS

Serve your potjie with traditional African ipapa (see recipe on page 95), samp, mealies or rice. Potjies can be made with any type of meat, including beef, lamb, chicken, venison or even pork. Potjie seasonings are another highly personal choice – some of the more popular options include fresh garlic, ginger, thyme, marjoram, coriander, curry powder, cinnamon, paprika and cardamom. Use 5ml – 10ml (1 tsp – 2 tsp). For extra South African flair, add traditional African dombolo (dumplings/steamed carrot bread; see recipe on page 95) to simmer and cook in the impala potjie at the very end.

## Roasted lamb neck with potatoes and vegetables

*Lamb neck is a fantastic cut that requires slow-cooking. This dish yields surprisingly generous amounts of lamb and, served with a medley of steamed vegetables, is an explosion of traditional African tastes. Serves 4 – 6 **A LITTLE EFFORT** 45 mins + overnight, to marinate + 2 hrs 30 mins, to slow-cook*





Zodwa Ximba and Otilia Dengo, Imbizo employees



Mduduzi Khumalo and Mqhelisi Nkomo, Imbizo braai masters

## THE FLAVOUR COMBINATIONS

### LAMB NECK

4 x 600g lamb necks  
 120g Imbizo Shisanyama Traditional Braai Spice/Robertsons Great Shakes Braai Mix Seasoning  
 20ml (4 tsp) salt  
 10ml (2 tsp) white pepper  
 480ml Imbizo Shisanyama Braai Sauce/your favourite braai marinade  
 15ml (1 tbsp) fresh rosemary, chopped  
 15ml (1 tbsp) garlic, peeled and crushed  
 2 medium potatoes, cut into wedges

### STEAMED VEGETABLES

120g mixed bell peppers (green, red and yellow)  
 120g baby carrots  
 120g butternut, peeled and diced  
 120g baby marrows, cut into chunks

### HOW TO DO IT

- 1 Preheat the oven to 160°C.
- 2 For the lamb neck, trim off all the excess fat from the lamb necks and cut into 4 quarters between the bones. Rub the braai spice or mix, salt and pepper, half of the braai sauce or marinade, rosemary and garlic into the lamb neck. Place in a greased, deep ovenproof dish and roast, 2 hours.
- 3 Add the potato wedges 30 minutes before the lamb neck is cooked, to absorb the flavours.
- 4 For the steamed vegetables, mix together all of the vegetables and steam until slightly crunchy, 8 – 12 minutes.
- 5 Once the lamb neck is cooked, pour over the remaining braai sauce and serve with the vegetables and potatoes.



Loyal patron,  
Nobahle Bolo







## African dombolo (steamed carrot bread)

Steamed bread, commonly known as dombolo (or 'ujeqe' in isiZulu), is a traditional South African favourite. It is enjoyed with most African dishes, but is particularly delicious with traditional African mogodu, stews and braaied meat

Serves 8 – 10 **A LITTLE EFFORT** 1 hr  
15 mins + 1 hr 30 mins, to rest and cool

### THE FLAVOUR COMBINATIONS

**500g cake flour**  
**5g instant yeast**  
**45ml (3 tbsp) sugar**  
**5ml (1 tsp) salt**  
**2 medium (about 200g) carrots, grated**  
**300ml warm water**  
**10g butter, softened**

### HOW TO DO IT

- 1 Sift the dry ingredients into a large mixing bowl and add the carrots. Slowly add the warm water and knead together with your hands or in a food processor until a soft dough forms, 10 minutes. Add the butter at 3- or 4-minute intervals while kneading. Cover the dough in the mixing bowl with a slightly damp tea towel and leave in a warm place to prove, 1 hour. The dough is ready when it has doubled in size. It should also not be too sticky. Test the readiness of the dough by punching a hole into it with your finger and leaving it for a few minutes. If the hole remains open then the dough has risen completely.
- 2 Punch down the dough, kneading it and then roll into a soccer-ball size and place the ball in a 30cm-wide and 9cm-deep bowl. Cover and set aside to rise again, 20 minutes.
- 3 Place the dough in a double boiler and steam for 1 hour, ensuring that no water comes into contact with the dough.
- 4 The dombolo is ready when you can poke a toothpick into the centre and it comes out dry. Remove the steaming hot dombolo and leave to cool slightly.
- 5 Slice thickly and serve as an accompaniment to your favourite African dish, either plain or with generous slatherings of butter.

## Coleslaw

The word coleslaw comes from the Dutch 'koolsla', which means 'cabbage salad'. This name doesn't tell what, besides cabbage, went into the Dutch dish of coleslaw. It is a blend of finely shredded cabbage, carrots and a few other crunchy vegetables. Coleslaw is usually served chilled to allow the dressing to settle into the vegetables

Serves 8 – 10 **EASY** 15 mins + 2 hrs, to chill

### THE FLAVOUR COMBINATIONS

**1,5kg white cabbage, cored and thinly shredded**  
**5 medium (about 500g) carrots, peeled and grated**  
**1½ onions, peeled and minced**  
**250g good-quality mayonnaise**  
**30ml (2 tbsp) white spirit vinegar**  
**125g white sugar**  
**15ml (1 tbsp) salt**

### HOW TO DO IT

- 1 In a large bowl, mix together the cabbage, carrots and onions.
- 2 In a separate bowl, whisk together the mayonnaise, vinegar, sugar and salt. Drizzle the dressing over the slaw and toss to coat. Cover and refrigerate to chill, at least 2 hours, before serving.

## Sautéed spinach (ispinashi or morogo)

Morogo is a colloquial collective word for 'leafy greens', which are easily harvested and grown widely across Southern Africa. Contemporary living has provided alternatives to the traditional morogo variations that African ancestors enjoyed. iSpinashi is the isiZulu word for spinach, obviously derived from the English language, and is testament to the later introduction of the vegetable to the indigenous people of South Africa

Serves 4 **EASY** 15 mins

### THE FLAVOUR COMBINATIONS

**500g fresh spinach leaves, thick stems removed**  
**30ml (2 tbsp) extra virgin olive oil + extra, to serve**  
**100g onions, peeled and finely diced**  
**15g Imbizo Shisanyama Traditional Braai Spice/Robertsons Great Shakes Braai Mix Seasoning**  
**salt, to taste**

### HOW TO DO IT

- 1 Clean the spinach by filling up your sink with water and soaking it to remove sand.
- 2 Heat the olive oil in a large frying pan over medium-high heat. Add the onions and sauté until translucent, about 2 minutes. Add the spinach and continue to turn the spinach in the pan to coat it with the oil and onions. Add the braai spice or mix, cover the pan and cook, 1 minute.
- 3 Uncover the pan and turn the spinach. Cook for a further minute with the cover on, then uncover and mix. The spinach should be wilted. Remove from heat and drain all excess moisture. Add the salt to taste and serve immediately, drizzled with a little olive oil.

## Ipapa or uphuthu (maize meal)

Ipapa or uphuthu pap, also known as 'uphuthu porridge' and 'krummelpap', looks good and tastes great, but is sometimes difficult to make if you did not grow up in South Africa. A staple diet to the majority of South Africans, ipapa is made from dried maize, which has been ground into a coarse powder. At Imbizo Shisanyama, ipapa is our most famous dish. In 1997, when Rita successfully commercialised braai meat, ipapa became famous as a main or side dish in South Africa. It is mostly enjoyed as an accompaniment to braaied meat

Serves 8 **A LITTLE EFFORT** 45 mins

### THE FLAVOUR COMBINATIONS

**500ml (2 cups) water**  
**2,5ml (½ tsp) salt**  
**15g salted butter**  
**250ml (1 cup) maize meal**

### HOW TO DO IT

- 1 Place the water and salt in a saucepan and bring to a boil. Reduce the heat to low and add the butter and maize meal, mixing vigorously to ensure there are no lumps. Cover the pot and cook, 10 minutes.
- 2 Remove the lid and mix vigorously until a smooth consistency is achieved. Cover the pot again and cook for a further 15 minutes.
- 3 Remove lid and mix – the consistency should be smooth to serve.





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Sautéed gnocchi and cauliflower with Parmesan sauce and Parmesan breadcrumbs

# MELTING POT



Bertus Basson

AT BERTUS BASSON AT SPICE ROUTE RESTAURANT, RECOGNISING SOUTH AFRICAN FOOD HERITAGE MEANS DIPPING INTO YOUR PAST AND GIVING IT A FRESH TWIST ON THE PLATE. AND CHEFS BERTUS BASSON AND ALLISTAIRE LAWRENCE ARE HAVING A LOT OF FUN IN THE PROCESS...

By KIM MAXWELL Recipes by BERTUS BASSON and ALLISTAIRE LAWRENCE Photographs by ANDREA VAN DER SPUY Profile photograph by LOUIS HIEMSTRA



Smoked fish pie with Malay mayonnaise





“Let me show you around Spice Route,” says chef Bertus

Basson. His impromptu tour of a Paarl wine farm begins at a modern building filled with Richard Bosman’s charcuterie, a wine-tasting area and decor shop. A path meanders under stately oaks towards a Cape Dutch thatch where DV bean-to-bar chocolatier offers enticing tastings.

A variety of craft beers entice at Cape Brewing Co.’s (CBC) microbrewery, a glass-blowing studio adds visual appeal, and the smell of pizza wafts from Wilderer’s Grapperia. Families enjoy themselves at outdoor tables and kids run on the lawns. Bertus Basson at Spice Route restaurant is situated here, adding a dynamic South African heritage-food element to the mix. Views are good too – the restaurant’s outdoor tables overlook a panoramic patchwork of wheat farms and green pastureland.

Most South Africans know Bertus as a judge on the reality cooking- and travel show, *Ultimate Braai Master* (Season 4 airs on e.tv this September). But, plenty of local food-lovers are disciples of legendary lunches and dinners at Basson’s flagship Overture at Hidden Valley farm in Stellenbosch. In November 2015, Overture restaurant will have been operational for eight years – Basson is proud it has made the Eat Out Top 10 list for the last seven.

Bertus Basson at Spice Route opened in January 2015. “We were wanting to open a family restaurant, somewhere to cook unashamedly South African country cuisine with

a bit of finesse,” explains Basson. Allistaire Lawrence is Basson’s restaurant partner and the hands-on chef most diners are likely to meet (Bertus divides his time between his restaurants and other projects). An accomplished chef, Lawrence worked at Overture from the end of 2013, after five years at Roots restaurant at Forum Homini outside Johannesburg.

If Overture’s offering is skilled modern cooking in a refined setting, Bertus Basson at Spice Route restaurant is where Bertus and Allistaire pull out personal heritage elements and recipes they find significant. “The big thing that brings South Africans together is sport and beer. We all light fires too. Some call it a braai, some call it a pavement shisa nyama,” says Basson.

“Food is something that ties us together as much as sport and beer. I’m from Nelspruit and my food heritage is as an Afrikaans-speaking South African, with cultural memories from lunches and food traditions when I was growing up. Some of my black friends call their Sunday lunch ‘seven colours’, because they have all these food colours on their table. What a cool way to describe Sunday lunch!”

Bertus and Allistaire’s lunch menu highlights their respective South African-food traditions, and interprets it with a playful twist. Tannie Hetta’s (Bertus’s mom) recipe inspired their modern appeltart dessert – regulars complain if they take it off the menu.

The pampoentert is another collaboration. “At Overture, we used pumpkin pie as a side for a main course, an Afrikaans thing. But, Allistaire was brought up with pumpkin fritters dusted with cinnamon sugar as dessert,” says Bertus. “So, Allistaire took the side dish from Overture, borrowed a pumpkin-pie recipe from my cousin, Mia, and remade it at Spice Route as a baked-pumpkin dessert. We’re chefs, so the cinnamon became a Chantilly cream, and he added dark-chocolate ice cream.”

Allistaire grew up in Strandfontein, near Muizenberg. Smoked fish was often present during his upbringing, so, on the savoury side, you’ll find a pie with smoked, cured snoek and hake. Peas keep the pie homely,

dollops of Cape Malay mayo add a curry bite, and pickled cucumbers introduce zing.

Pork belly is not to be missed. “The whole idea is Sunday roast,” explains Allistaire. Brined in ginger and spices, then braised overnight in CBC Lager and Amber Weiss before being rolled, the pork is tender and richly flavoured. Bertus’s Sunday-lunch ‘soet wortels’ were the inspiration behind the roasted baby carrots and carrot purée served alongside. Or, in a comforting vegetarian offering, a spectacular sautéed cauliflower dish nods to Sunday-lunch sides, but it’s jazzed up with silky gnocchi, almonds, a Parmesan cream and crispy capers.

Bertus Basson at Spice Route’s dining spaces are other creative originals. Inspired by the Afrikaans tradition of having ‘koek en tee, served by tannies’ on a plate with a doily, Bertus’s wife, Mareli, covered one grey wall with white-paper doilies. An adjacent space has word-filled pages from an Afrikaans dictionary covering each wall. Metal-worked trophies of an oryx and a kudu add focal points above Caesarstone tabletops with white, wooden country chairs.

Quirky, modern touches include a bread area selling fresh sourdough – from Tannie Hetta’s original bread bin – plus packaged treats including Hertzoggie brittle and milk-tart fudge, handmade for the restaurant by a sweetmaker. It all drives home the point that Bertus Basson at Spice Route is serious about telling a story through flavour. But, the mood is casual with an underlying sense of fun.

**Bertus Basson at Spice Route,**  
Suid Agter Paarl Road, Paarl;  
021-863-5222; [spiceroute.co.za](http://spiceroute.co.za)

## Smoked-fish pie with Malay mayonnaise

Serves 6 **EASY** 1 hr 45 mins

### THE FLAVOUR COMBINATIONS VELOUTÉ

**15g butter**

**30ml (2 tbsp) cake flour**

**400ml fish stock**

**2,5ml (½ tsp) salt**

**5ml (1 tsp) wholegrain mustard  
zest and juice of 1 lemon**







CBC beer-braised pork belly with soet wortels and salsa verde

## BASIC MAYONNAISE

2 free-range egg yolks  
5ml (1 tsp) Dijon mustard  
15ml – 30ml (1 tbsp – 2 tbsp) white wine vinegar  
250ml (1 cup) olive oil  
250ml (1 cup) sunflower oil  
juice of ½ lemon  
salt, to taste

## MALAY MAYONNAISE

1 onion, peeled and roughly chopped  
2 garlic cloves, peeled and crushed  
2 carrots, peeled and roughly chopped  
10ml (2 tsp) fresh ginger, peeled and roughly chopped  
5ml (1 tsp) coriander seeds  
1 dried chilli  
20ml (4 tsp) medium curry powder  
100ml water  
zest and juice of 1 lemon

## SMOKED FISH PIE

1 medium onion, peeled and chopped  
2 garlic cloves, peeled and chopped  
60g potato cubes, cooked  
50g frozen peas, blanched

100g smoked hake, flaked and bones removed

100g smoked snoek, flaked and bones removed  
15ml (1 tbsp) fennel, chopped  
salt and freshly ground black pepper, to taste  
80g fresh breadcrumbs  
100g Parmesan, finely grated

## TO SERVE

radishes, thinly sliced  
fresh gooseberries  
fresh coriander leaves  
artisan bread, sliced and toasted

## HOW TO DO IT

1 For the velouté, melt the butter in a pot over medium heat. Add the flour and stir to combine. Add the fish stock and whisk until the sauce thickens. Add the salt, remove from heat and stir in the wholegrain mustard and lemon zest and juice. Refrigerate until needed.

2 For the basic mayonnaise, whisk together the yolks and Dijon mustard in

a bowl. Add the vinegar and whisk together. Slowly add the oils, whisking continuously, until thick and emulsified. Season with the lemon juice and salt.

3 For the Malay mayonnaise, add the 1 chopped onion, 2 crushed garlic cloves, carrots, ginger, coriander seeds and chilli to a saucepan over medium heat and sauté until the onion is translucent, 6 – 10 minutes. Add the curry powder and allow to cook out. Add the water and cook over medium-low heat until the water has evaporated. Add the lemon zest and juice, remove from heat and blend until smooth. Pass through a sieve and mix with 100g basic mayonnaise. Refrigerate until ready to use.

4 For the fish pie, preheat the oven to 190°C. Add the 1 chopped onion and 2 chopped garlic cloves to a frying pan over medium heat and sauté, 6 minutes. Combine the onion and garlic mixture with the remaining pie





ingredients – except the breadcrumbs and Parmesan – and season to taste.

5 Place the pie filling in a 15cm x 10cm round dish or six 10cm ramekins. Sprinkle over the breadcrumbs and grated Parmesan. Bake the pie/s until a crust forms on top, 10 minutes. Serve garnished with radishes, gooseberries and coriander leaves with a side of Malay mayonnaise and toasted artisan bread slices.

## Sautéed gnocchi and cauliflower with Parmesan sauce and Parmesan breadcrumbs

Serves 6 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS GNOCCHI

**500g mashed potato, left to cool completely**

**150g cake flour**

**1 egg**

**30g Parmesan, grated**

**salt, to taste**

### CAULIFLOWER PURÉE

**500g cauliflower florets**

**50g onions, peeled and sliced**

**2 garlic cloves, peeled**

**50g butter**

**2 sprigs fresh thyme**

**salt and freshly ground black pepper, to taste**

### PARMESAN SAUCE

**1 onion, peeled and sliced**

**2 garlic cloves, peeled**

**2 sprigs fresh thyme**

**300ml white wine**

**500ml (2 cups) fresh cream**

**100g Parmesan, grated (include the rind if there is any)**

### PARMESAN BREADCRUMBS

**10 slices white bread, finely diced (almost brunoise)**

**30ml (2 tbsp) oil**

**2 garlic cloves, peeled and grated**

**40g Parmesan, grated**

**zest of 2 lemons**

### TO ASSEMBLE

**100g cauliflower florets, blanched**

**15g butter**

**juice of ½ lemon**

**30g Parmesan, grated**

**20g deep-fried capers**

**microherbs, to garnish**

### HOW TO DO IT

1 For the gnocchi, mix all of the ingredients together in a bowl thoroughly. Mould the dough into your desired-size pieces and blanch in boiling water. (Gnocchi will immediately sink to the bottom, then rise to the top when cooked.) Drain and refresh in ice water to stop the cooking process until ready to use.

2 For the cauliflower purée, place all of the ingredients in a resealable bag. Seal and cook in a pot of boiling water until the cauliflower is soft, about 30 minutes. Transfer to a blender and blitz until smooth. Season to taste and pass through a fine sieve for a smooth purée.

3 For the Parmesan sauce, place the onion, garlic, thyme and white wine in a heavy-based saucepan over medium heat, and cook until the wine has reduced by half. Add the cream and allow to reduce by half. Turn the heat down to its lowest, then add the 100g Parmesan, stirring occasionally, so that it doesn't stick to the bottom. Once the cheese has melted, transfer to a blender and blitz until smooth. Pass through a fine sieve for a smooth sauce. Season to taste and reheat when ready to serve.

4 For the breadcrumbs, place the bread and oil in a frying pan over low heat and slowly toast lightly, stirring occasionally. When the bread starts turning golden, add the garlic and toast until the bread is crisp. Add the 40g Parmesan and zest and stir through, then remove from the heat. It should be warm enough for the cheese to melt. Transfer to paper towel to drain off any excess oil.

5 To assemble, add the gnocchi and the cauliflower florets to an oiled and hot frying pan and cook until they have a nice golden colour and crust. Add the 15g butter and toss lightly. Season to taste and add the lemon juice. Transfer to a bowl or plate and dollop with the warm cauliflower purée. Drizzle over the warm Parmesan sauce and sprinkle with the Parmesan breadcrumbs, 30g freshly grated Parmesan and deep-fried capers. Serve garnished with microherbs.

## CBC beer-braised pork belly with soet wortels and salsa verde

Serves 8 – 10 **EASY** 1 hr 45 mins + overnight, to marinate + 12 hrs, to slow-cook

### THE FLAVOUR COMBINATIONS PORK BELLY BRINE

**100g sugar**

**200g salt**

**2L boiling water**





2 sprigs fresh thyme  
2 garlic cloves, peeled  
5ml (1 tsp) coriander seeds  
5ml (1 tsp) cumin seeds  
3 whole cloves  
3 whole star anise  
2 dried chillies  
1 x 2kg pork belly, fat removed

### PORK BELLY BRAISING LIQUID

1L CBC Amber Weiss  
300ml CBC Lager  
1 onion, peeled and sliced  
2 carrots, chopped  
2 garlic cloves, peeled  
2 sprigs fresh thyme

### GINGER-HONEY GLAZE

100g honey  
20g butter  
30g fresh ginger, peeled and finely grated

### CARROT PURÉE

500g carrots, peeled and chopped  
50g onions, peeled and sliced  
2 garlic cloves, peeled  
50g butter  
2 sprigs fresh thyme

### SALSA VERDE

200g mixed green herbs, chopped  
60ml (¼ cup) olive oil  
30ml (2 tbsp) wholegrain mustard  
zest of 1 lemon  
2 garlic cloves, peeled  
1 chilli, seeded

### TO SERVE

250g baby rainbow carrots, cooked  
pork crackling  
beef sauce (beef stock reduced to a sauce)/gravy

### HOW TO DO IT

1 For the brine, mix all of the ingredients – except the pork belly – together in a bowl and stir until the salt and sugar have dissolved and the water has cooled. Add the pork belly to the liquid, cover with cling film and refrigerate overnight.  
2 Preheat the oven to 95°C.  
3 To braise the pork, remove it from the brine liquid and rinse off any excess spices. Roll and tie the pork with butcher's string to hold the shape.

Place in an oven-roasting dish, then add all of the braising liquid ingredients. Cover with foil and slow-cook in the preheated oven, 12 hours.

4 For the glaze, place all of the ingredients in a saucepan and bring to a boil until the butter has emulsified and the liquid starts to look syrupy, about 15 minutes. Pour into a container and allow to cool.

5 For the purée, place all of the ingredients in a resealable bag and seal tightly. Cook in a pot of boiling water until the carrots are soft, about 40 minutes. Transfer to a blender and blitz until smooth. Season to taste and pass through a fine sieve for a smooth purée.

6 For the salsa verde, place all of the ingredients in a food processor and blend until emulsified.

7 Once the pork belly is cooked, remove gently from the liquid and allow to cool slightly. Once cooled, cut off the string and roll tightly in cling film to form a nice round shape. Slice to your desired thickness.

8 To assemble, fry the pork belly in a frying pan on both sides, heating it through and giving it a crust. Sauté the carrots in a frying pan, giving them a golden roasted colour. Add the ginger glaze and toss the carrots to coat. Plate the slices of pork belly and top with the

purée, salsa verde and crackling. Drizzle over some beef sauce or gravy and serve with a side of glazed carrots.

## Lemon tart with vanilla crumble, meringues and candied lemon peel

Serves 6 **A LITTLE EFFORT** 2 hrs

### THE FLAVOUR COMBINATIONS LEMON CURD

5 eggs  
5 egg yolks  
425g castor sugar  
200g butter  
zest and juice of 5 lemons

### BAKED MERINGUES

2 egg whites  
60ml (¼ cup) sugar  
30g icing sugar, sifted

### VANILLA CRUMBLE

40g sugar  
125g cake flour  
90g butter, softened and cubed  
1 vanilla pod, split

### ITALIAN MERINGUE

180g white sugar  
40ml water  
15g liquid glucose  
3 egg whites





**CANDIED LEMON PEEL**

peel of 1½ lemons, thinly julienned  
50ml water  
50g sugar

fresh lemon zest, to garnish  
vanilla ice cream, to serve

**HOW TO DO IT**

- 1 For the lemon curd, whisk together the 5 eggs, 5 yolks and 425g castor sugar in a saucepan over medium heat. Reduce the heat to low, add the 200g butter and zest and juice of 5 lemons and whisk until thickened, 20 minutes. Strain into a sterilised jar and refrigerate. The lemon curd will keep for up to 2 weeks.
- 2 Preheat the oven to 110°C.
- 3 For the baked meringues, beat the 2 egg whites and 60ml (¼ cup) sugar to stiff peaks. Fold in the icing sugar until smooth. Place in a piping bag and pipe onto greased silicone mats. Bake in the oven, about 1 hour and 30 minutes.
- 4 Preheat the oven to 180°C.
- 5 For the vanilla crumble, mix the 40g sugar and flour together. Rub in the 90g butter with your fingertips. Add the seeds

of the vanilla pod as well as the pod. Bake in the preheated oven, stirring regularly, 25 minutes. Remove from oven and take out the pod. Store the crumble in an airtight container.

6 For the Italian meringue, add the 180g sugar, water and liquid glucose to a saucepan over medium-low heat and cook until it reaches 110°C. At this point, start beating the 3 egg whites to stiff peaks with an electric beater. When the sugar syrup reaches 121°C, remove from heat and slowly add to the egg whites. Whisk on slow speed until cooled down, 5 minutes.

7 For the candied lemon peel, place all of the ingredients in a pot and bring to a boil. Once boiling, remove from heat and allow the peel to cool down in the liquid.

8 To assemble, dish the lemon curd into 6 individual bowls. Scatter over the crumble and baked meringues. Pipe the Italian meringue in 3 dollops into the bowls and caramelize with a blowtorch. Garnish with candied lemon peel and fresh lemon zest. Serve with vanilla ice cream.

## Pampoentert with salted-caramel nuts and cinnamon Chantilly cream

Serves 6 **EASY** 1 hr 15 mins

**THE FLAVOUR COMBINATIONS PAMPOENTERT**

5 eggs  
125g sugar  
250ml (1 cup) milk, brought to a boil then removed from heat and infused with your choice of cinnamon, cardamom, star anise, thyme or vanilla for 12 minutes  
70g cake flour  
15ml (1 tbsp) baking powder  
5ml (1 tsp) ground cinnamon  
500g butternut/pumpkin, cooked  
125g butter, melted

**SALTED-CARAMEL NUTS**

25g almonds  
25g pecan nuts  
25g walnuts  
25g pumpkin seeds  
25g cashew nuts

25g sunflower seeds  
80g maple syrup  
25g butter  
5ml (1 tsp) salt

**CINNAMON CHANTILLY CREAM**

250ml (1 cup) double-thick cream  
40g castor sugar  
5ml (1 tsp) ground cinnamon  
seeds of 1 vanilla pod

dark-chocolate ice cream, to serve (visit [foodandhome.co.za](http://foodandhome.co.za) for a recipe)  
honeycomb, crumbled, to serve

**HOW TO DO IT**

- 1 Preheat the oven to 170°C.
- 2 For the pampoentert, whisk the eggs and the 125g sugar together until fluffy. Add the infused milk, flour, baking powder and 5ml (1 tsp) ground cinnamon. Add the butternut or pumpkin and the 125g melted butter and mix to combine. Portion into six 10cm ramekins and bake in the preheated oven, 40 minutes.
- 3 For the nuts, mix all of the nuts and seeds together and lightly toast in the 170°C oven for 9 minutes. Add the maple syrup, 25g butter and salt and return to the oven until the syrup starts to caramelize, 5 minutes. Transfer the mixture to a silicone mat, spread thinly and allow to cool.
- 4 For the cinnamon Chantilly cream, whisk all of the ingredients together until the cream reaches soft peaks.
- 5 Sprinkle the warm tarts with the nuts. Add a few dollops of Chantilly cream and serve with a side of dark-chocolate ice cream on honeycomb.



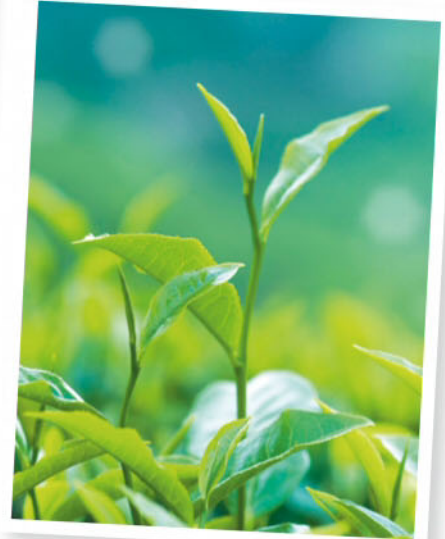


A lush green tea plantation with rows of tea bushes on rolling hills, bathed in warm golden light from a low sun, creating a hazy, atmospheric background.

# STEEPED IN history

FIVE ROSES HAS BEEN A MUCH-LOVED TEA BRAND FOR MORE THAN A CENTURY  
AND HAS BECOME AN INTEGRAL PART OF SOUTH AFRICA'S HERITAGE. YOU WILL  
FIND FIVE ROSES TEA IN JUST ABOUT EVERY SOUTH AFRICAN HOME





**T**here's nothing like a cup of flavourful tea to start and end off your day, and for all those special moments in between!

Five Roses has shared in your family moments since the very beginning and has been an important part of South Africa's history, culture and heritage for over 100 years.

Dinesh Wijewardana, who comes from a long line of tea experts and is Five Roses' sixth Tea Master, told us about what makes this brand so special. Five Roses is made using superior Ceylon tea that is grown in the Dimbulla region of Sri Lanka. In 1972, the island's name was changed to Sri Lanka but, since Ceylon tea was already famous for its superior quality, it was decided to keep Ceylon tea as the brand name.

This raindrop-shaped tropical island southeast of India boasts the ideal terrain and climatic conditions for producing Ceylon tea's unsurpassed taste, making Sri Lanka one of the world's largest black-tea exporters. Under Dinesh's watchful eye, only the top two Ceylon tea leaves are picked for the Five Roses blend, giving the tea its uniquely smooth taste and golden colour. It's a common misconception that all tea blends contain Ceylon tea, when, in fact, very few mainstream brands actually do. This is what delivers the uniquely smooth taste and full-bodied flavour.

Much like the art of blending wine, Five Roses is blended to consistently achieve the superior flavour that so many South Africans have come to know and love. The secret behind Five Roses' perfect blend has only ever been entrusted to six Tea Masters since the brand's inception, ensuring that every cup of our tea remains consistent and of the highest quality.



### FIVE ROSES CLASSICS RANGE

Five Roses Classics Range is a blend of premium teas that are perfect for different occasions throughout the day.

**ENGLISH BREAKFAST** is a blend of pure Ceylon teas from various estates around the island of Sri Lanka, and is enjoyed by many first thing in the morning due to its smooth, refreshing taste.



**EARL GREY** originates from the UK and is subtly flavoured with the taste of Bergamot orange providing a zesty citrus taste. It's a delicious accompaniment to a light meal.



**PRINCE OF WALES** is a bolder and stronger blend, perfect for an afternoon lift.



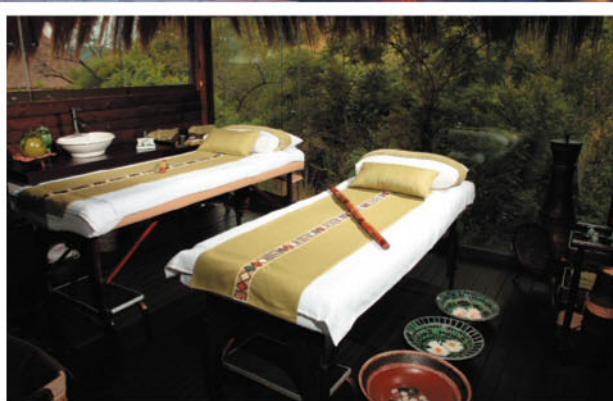


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**I**vory Tree Game Lodge is situated in the north-eastern region of the Pilanesberg National Park. Nestled in the basin of an ancient amphitheatre divided by riverine woodlands and elephant trails, lies an exclusive lodge development site. The central facility includes a stunning feature pool, bar, conference room, dining room, boma, reception and curio shop, as well as an Amani Spa.

The closest point of entry is through Bakgatla Gate, where guests can enjoy an open-vehicle safari experience. Sixty executive double suites are located on the edges of the amphitheatre basin, each featuring an en-suite bathroom, mini-bar fridge, air-conditioning, and tea- and coffee-making facilities. [ivorytreegamelodge.com](http://ivorytreegamelodge.com); [cro@aha.travel](mailto:cro@aha.travel); 087 740 9292

## TO ENTER

SMS **IVORY** followed by your name, ID number and postal address to **48405**. Each SMS costs R1,50 and free SMSs do not apply. Competition closes on **30 September 2015**. The prize cannot be transferred to cash. The winner has three months from closing date of competition to book. Transport excluded. All items not listed in the above inclusions must be settled by the guest directly. Prize not exchangeable. Visit [foodandhome.co.za](http://foodandhome.co.za) for terms and conditions.



Lika Berning   Thierry Ballarin   Deon Lotz   Paul du Toit   Hélène Lombard

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# THAT'S. *rich*



*Le Mansoir 'café crème'*

*(recipe on page 112)*

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2015. Compliments of the  
Raymond Blanc Cookery School.  
Photographs by TERRY McCORMICK

WHILE MOST OF US DON'T NEED A SPECIAL DAY TO INDULGE IN THE RICH, CREAMY GLORY THAT IS CHOCOLATE, INTERNATIONAL CHOCOLATE DAY ON 13 SEPTEMBER GIVES US JUST ONE MORE REASON TO CONSUME THIS DELECTABLE CONFECTION IN COPIOUS QUANTITIES. JENNY HANDLEY WILL AGREE AND, WHEN THE RARE OPPORTUNITY TO STUDY CHOCOLATE IN RAYMOND BLANC'S EMPIRE PRESENTED ITSELF, SHE DIDN'T HESITATE...



**L**e Manoir aux Quat'Saisons means 'the manor of four seasons'. Upon arrival at this beautiful Belmond property, in the quaint town of Great Milton, Oxfordshire, I queried if I could fulfil a lifelong dream of meeting Raymond Blanc OBE, Michelin-star chef and owner of the beautiful estate.

A few hours later, I was relaxing in the sun with this culinary visionary. While he gave me his full attention, I was aware that his eyes were darting left and right, constantly finding an opportunity to improve on what I had declared perfection. "See those three bushes?" he asked. "Imagine cutting a hole in the middle one and having a copper bird right there, about to fly. I don't like symmetry; I like surprises." I had no doubt that, the minute we finished enjoying our fresh-mint tea, he would have shared this moment of genius with one of his horticulturists and, a week later, a copper bird would be glinting in the sun. Some term him a culinary genius, but I would label Raymond Blanc an artist whose palette extends from gourmet to gardens, decor to design.

The afternoon flew by talking about food, France and friends. I asked how it had all started. RB (as his staff affectionately call him) proudly told me how, at 19 years of age, he was the best glass-washer in a kitchen, elevated into food preparation after demonstrating his interest and commitment. He is self-taught. "A chef has to feel it here," he says, putting his hand on his heart, "to make it feel special. It is not just your hands; you really have to care about the food and the people. It is a people business. One has to make the business sustainable and teach those who can carry it on." He has had 30 years of crafting, training and giving, constantly striving for excellence (240 staff service just 32 guests).

RB explained how he stumbled upon this beautiful property, believing that you find the farm and then build the restaurant. "I fell in love, knocked on the

door and asked the owner if I could buy it. I want to be here. This is my home."

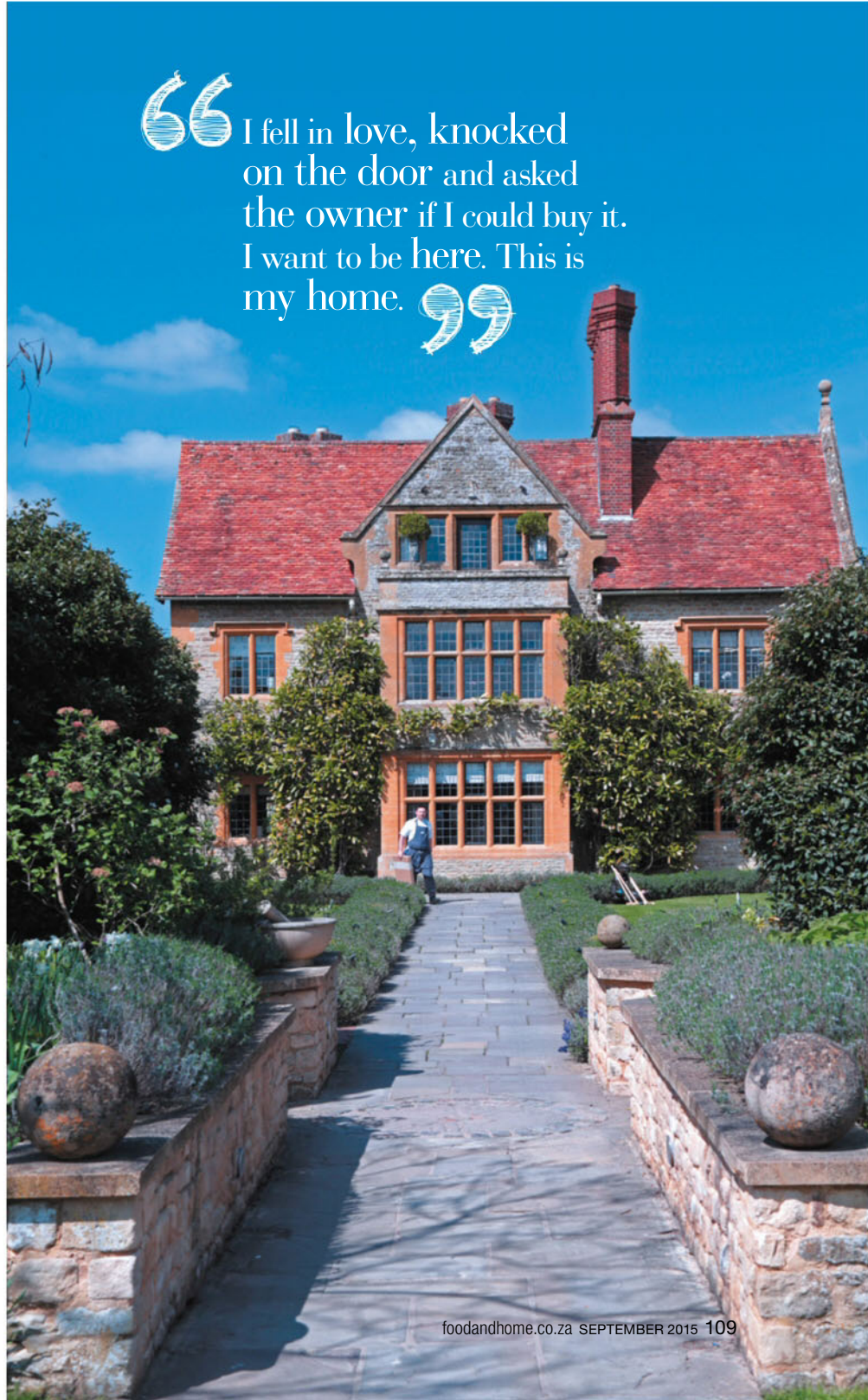
After admiring the enchanting two-acre kitchen gardens, where 90 varieties of vegetables and over 70 aromatic herbs are nurtured, I worked up an appetite to experience

the labours of his love on a plate.

The seven-course food-and-wine pairing was an experience so sublime, it felt surreal.

After a night in Arabesque, one of 16 exotic suites, where each carefully thought-out detail unveils another

“I fell in love, knocked on the door and asked the owner if I could buy it. I want to be here. This is my home.”







aspect of Blanc genius, I had breakfast and was escorted to the cookery school. Feeling excited in my pristine white chef's jacket, yet somewhat intimidated, I was immediately put at ease by the animated and informative Mark Peregrine, Director of the Raymond Blanc Cookery School, who manages to bridge the gap between the un-initiated and the experienced. He shares RB's zeal for excellence and zest for life. Peregrine was RB's first apprentice when he won his first Michelin star. "He instilled the passion in me over 30 years ago when we first worked together. This is not a job – I love what I do. It's all about meeting new faces every day, over food."

After covering the theory of working with chocolate, Mark interspersed practical tips with amusing anecdotes. Working in pairs, we created a raspberry and chocolate tart, and progressed at lightning speed to make 'tout chocolat' cake (which, I am proud to say, I have since managed single-handedly back home).

Crafting chocolate truffles could only be mastered after we donned gloves and learnt how to temper chocolate, which, if you watch the temperature carefully, is easy. Rolling and shaping, we proudly presented our flavoured truffles for approval, some more perfect than others! Mark then demonstrated Le Manoir's 'café crème', an elegant dessert that took RB six months to perfect – a chocolate cup and saucer filled with a light sponge base, coffee parfait, ganache and a Kirsch sabayon – spectacular. After a delicious lunch prepared by the sous chefs, RB arrived and there was a flurry of energy in the room as he scrutinised our chocolate creations and lauded our talent. The obvious mutual respect and affection between Mark and RB was demonstrated with light banter.

By the end of an exhausting, exhilarating day, I had not only mastered the art of chocolate but also cemented new friendships. If there was a fifth season (in which the wind didn't blow and the sun always shone, the rain abated and leaves stayed on trees), it would be here, in this slice of heaven that RB calls home.

Belmond Le Manoir aux Quat'Saisons, Church Road, Great Milton, Oxfordshire, England; +44 (0)1844-278-881; [belmond.com/le-manoir-aux-quat-saisons-oxfordshire](http://belmond.com/le-manoir-aux-quat-saisons-oxfordshire)

## Raspberry and chocolate tart

*This recipe is quite a lengthy process, but relatively simple and will take you to a true chocolate heaven. Make double the quantity of the pastry and freeze half for another dessert. This dessert can be prepared half a day in advance. You can also line and rest the pastry in the fridge the day before*  
Serves 4 – 6 **EASY** 2 hrs 30 mins + setting time

### THE FLAVOUR COMBINATIONS COCOA PASTRY

**90g cold butter, cut into cubes**  
**150g cake flour + extra, to dust**  
**20g ground almonds**  
**15ml (1 tbsp) cocoa powder**  
**1 egg**  
**50g icing sugar, sieved**

**CHOCOLATE CREAM**  
**180g 64% Valrhona chocolate (Manjari)**  
**170ml fresh cream**  
**1 egg, beaten**  
**75g fresh raspberries, puréed**

**100g fresh raspberries, to garnish**  
**chocolate shards, to garnish**

### HOW TO DO IT

**1** For the sweet pastry dough, rub the butter into the flour, ground almonds and cocoa powder in a large bowl using your fingertips. Make a well in the centre, add the egg and mix in with the icing sugar, gradually combining with the flour mixture. Lightly dust a clean work surface with flour and, with the palms of your hands, briefly knead the pastry until blended. Flatten the dough and wrap in cling film. Refrigerate to rest, 30 minutes.

**2** Remove the dough from the fridge and, between 2 layers of cling film,



evenly roll out the dough into a 22cm-diameter circle, about 0,2cm – 0,3cm thick. Return to the fridge to rest, about 5 minutes.

3 Discard the top layer of cling film and place the pastry circle in an 18cm x 2cm tart ring, ensuring the cling film is facing up. Press the pastry into the corners of the tart ring and trim off excess with a rolling pin. Prick the base of the pastry with a fork and refrigerate, 1 hour. Preheat the oven to 180°C.

4 Remove the cling film, line the inside of the tart with baking paper and fill with baking beans. Blind-bake in the

preheated oven, 20 minutes, then remove from oven and take out the beans and baking paper. Return to the oven and bake for a further 5 minutes.

5 For the chocolate cream, melt the chocolate in a bain-marie to a temperature of 40°C. In a saucepan, bring the cream to a boil, then pour into the beaten egg, whisking continuously or you will scramble the egg. Add a third of the cream mixture to the melted chocolate until a shiny elastic texture is attained. Gradually add the remaining cream followed by the puréed raspberries.

6 Cut most of your fresh raspberries in half and place in the tart case then fill to the top with the chocolate-cream mixture. Refrigerate to set completely.

7 Decorate the tart with the remaining raspberries and chocolate shards.

#### COOK'S TIP

Do not overwork the dough or it will become tough.

### Quick chocolate tempering

*Different types of chocolate may require different temperatures for*







Director Mark Peregrine teaching a class



*tempering to achieve that wonderful, smooth, cracking texture. This is a quick guide using Valrhona chocolate, as different varieties may have different amounts of cocoa butter*

Makes 750g **A LITTLE EFFORT**

45 mins

#### THE FLAVOUR COMBINATIONS DARK CHOCOLATE

**500g Valrhona Caraïbe 66%, melted to 52°C – 53°C**

**250g Valrhona Caraïbe 66%, very finely chopped (final temperature: 31°C – 32 °C)**

#### MILK CHOCOLATE

**500g Valrhona milk, melted to 42°C – 43°C**

**250g Valrhona milk, very finely chopped (final temperature: 29°C – 30°C)**

#### WHITE CHOCOLATE

**500g Valrhona Ivoire, melted to 41°C – 42°C**

**250g Valrhona Ivoire, very finely chopped (final temperature: 28°C – 29°C)**

#### HOW TO DO IT

1 Whether you are using dark, milk or white, heat the 500g chocolate gently in a bain-marie until melted and it has reached the desired temperature for your choice of chocolate.

2 Remove from heat, add the remaining 250g finely chopped chocolate and mix with a spatula until completely melted, 2 – 3 minutes. Your chocolate should be at the final required temperature depending on your choice of chocolate. If, after this time, you still see any un-melted chocolate, place back on the bain-marie, 10 – 15 seconds only. This should be long enough to melt the remaining chocolate – any longer and you will need to start the process again.

#### COOK'S TIPS

The majority of chocolates are made from cocoa solids, cocoa butter and sugar, with the percentage of sugar depending on the cocoa percentage – 70% chocolate will contain around 30% sugar, the exceptions being white and milk chocolate, which will also contain flavourings, lecithin and milk powder. If you heat and cool chocolate without controlling the temperature, the crystallisation of cocoa butter will result in crystals of different sizes forming and your chocolate will bloom – that is to say, it will appear matte and covered with white patches. It will also crumble unpleasantly rather than snap. In order to avoid this, you will need to temper your chocolate. Tempering controls the crystals so that only consistently small crystals are produced, resulting in much better-quality chocolate.

## Le Manoir ‘café crème’

*Raymond Blanc enjoys unravelling all the secrets of the pâtisserie as much of those of the kitchen. This elegant dessert took six months to elaborate. There were so many things which could (did) go wrong – the thickness of the chocolate, the textures, the presentation... It is complex but, once you have mastered these techniques, they can be broken down into a dozen simple recipes with different flavours*  
Serves 4 **CHALLENGING** 3 hrs + freezing time + setting time

#### THE FLAVOUR COMBINATIONS COFFEE PARFAIT AND KIRSCH SABAYON

**150ml fresh whipping cream**

**70ml water**

**100g castor sugar**

**4 extra-large free-range egg yolks**

**15ml (1 tbsp) Kirsch**

**10ml (2 tsp) ristretto coffee (double-strength espresso)**

#### CHOCOLATE COFFEE CUP

**oil, to brush**

**750g tempered dark chocolate (see method alongside)**

#### SUGAR-CUBE GANACHE

**40ml fresh cream**

**40g 55% Valrhona dark chocolate, chopped**

**demerara sugar, to roll**





**4 x sponge cake discs, cut slightly smaller than 5,5cm x 3cm plastic rings and soaked in espresso (optional)**

#### HOW TO DO IT

- 1 For the coffee parfait and Kirsch sabayon, whip the 150ml cream until firm and refrigerate until ready to use.
- 2 In a small saucepan over high heat, bring the water and castor sugar to a temperature of 120°C on a sugar thermometer. Pour this over the egg yolks in a mixing bowl and whisk until cold. Fold in the whipped cream and divide equally into 2 bowls. Mix the kirsch into one bowl (and reserve in the fridge) and the coffee into the other.
- 3 Fill four 5cm x 5cm dariole moulds to the top with the coffee sabayon and place in the freezer. When frozen, de-mould by submerging the base of the moulds in boiling water and reserve the frozen parfaits in the freezer until needed.
- 4 For the chocolate coffee cup, brush the base of four 13cm saucers with a little oil. Take a piece of cling film and place the saucer, bottom-side down, on the cling film. Wrap the cling film around and twist to pull it tightly over the saucer, ensuring the surface is completely smooth. Repeat with the remaining saucers.
- 5 In a bain-marie, gently reheat the chocolate to 32°C.
- 6 Holding the saucer by the twisted cling film, dip the base of the saucer into the chocolate and shake off any excess. Using your thumb and forefinger, encircle the plate, removing chocolate from the border. Allow to set before carefully unwrapping the cling film and peeling away from the chocolate saucer. Repeat with the remaining saucers to make 4 chocolate saucers. Set aside.
- 7 To make the coffee cup, using a small palette knife, spread a thin 0,2cm – 0,3cm layer of chocolate across a 17,5cm x 6,5cm plastic

acetate rectangle. Carefully lift a corner up, using a paring knife, and hold the acetate by the edges. Bend the edges around to form a circle with the chocolate facing inwards and place in a 5,5cm x 3cm plastic ring to hold the shape. Repeat with the remaining acetate rectangles and plastic rings. Make sure there is a good seal all along the join by dipping your finger in the chocolate and covering the join with a thin layer.

8 Finally, to make the handles, fill a small piping bag with some tempered chocolate and pipe 'S' shapes with a 0,3cm thickness onto baking paper and allow to set.

9 For the sugar-cube ganache, bring the 40ml cream to a boil in a small saucepan over high heat. Remove from heat and allow to cool slightly before pouring over the 40g dark chocolate and whisking until smooth. Allow the mixture to cool, then divide into 4 pieces and shape each individual piece into a square. Roll in demerara sugar to coat and refrigerate until required.

10 To assemble the chocolate coffee cups, gently lift the plastic ring from the cylinder of acetate coated with chocolate and peel away the acetate from the chocolate, leaving a smooth, shiny and thin chocolate cup.

11 Place a saucer in front of you, quickly melt the base of the chocolate-cup cylinder on a hot surface and place in the centre of the saucer to create a seal. Repeat with the remaining cups.

12 In a similar fashion, lightly melt the edge of the handle and hold it against the surface of the coffee cup until set. This will take a few seconds – so hold it in place until the chocolate cools and creates a seal.

13 Carefully place a sponge ring (soaked in coffee, if desired) inside each chocolate cup and top with the frozen parfait. Spoon the kirsch sabayon over the parfait, place two 'sugar cubes' on the chocolate saucer and serve.



Jenny Handley with husband, David





### Chocolate truffles

*The ideal recipe to flavour to your wishes! This can be prepared a week in advance and kept in the fridge. They are the perfect chocolate treats for any celebration*

Makes 50 – 60 truffles **A LITTLE EFFORT** 15 mins + setting time

#### THE FLAVOUR COMBINATIONS

**335g 70% Valrhona chocolate**  
**340ml UHT-process long-life cream**  
**40ml honey**  
**70g butter, cubed**

#### TRUFFLE COATING

**500g tempered chocolate (see method on page 111)**  
**300g cocoa powder**

#### HOW TO DO IT

- 1 Melt the chocolate over a water bath (do not allow the bottom of the bowl to touch the water) to around 40°C.
- 2 Once melted, bring the cream and honey to a boil. Gradually whisk the honey and cream mixture into the melted chocolate. When the mixture reaches around 35°C – 40°C, use a spatula to mix in the butter and any alcohol, if desired (see Cook's tip). Pour the mixture into a mould and allow to set completely in the fridge.
- 3 Remove from mould tray and cut into your desired shapes. Coat with the tempered chocolate and roll in cocoa powder.

#### COOK'S TIPS

Flavour the truffles with your choice of alcohol where stated in the recipe method. For example, if you wish to flavour them using brandy, remove 30ml (2 tbsp) cream and replace with brandy. Or, you could infuse the cream with a flavour before adding it to the chocolate: Earl Grey tea, fresh mint and cinnamon are just some ideas. For example, place 40g Earl Grey tea leaves in hot cream for 1 minute to infuse, then pour through a sieve, measure the cream and top up to 340ml. If you wish, you could remove the cream completely and use a raspberry purée instead. If you prefer milk chocolate to dark chocolate, use 500g 40% Valrhona milk chocolate instead. White-chocolate lovers – use 650g Valrhona white.





# Tasty toppings

PROMOTION

A HELPING OF ROASTED VEGGIES IS THE PERFECT COMPLEMENT TO ANY DISH. ADD THIS DELICIOUS SIDE TO YOUR DINNER MENU AND KEEP YOUR HEART HEALTHY.

This tasty dish will match any meal: combine 4 big dollops of **Flora Gold** with 15ml (1 tbsp) honey, the seeds of 2 vanilla pods and 2 sprigs chopped fresh thyme. Place 5 halved parsnips, 5 halved baby beetroots, 2 halved small orange-fleshed sweet potatoes, 1 sliced and seeded small butternut and 1 bunch baby carrots in a roasting tray. Top it off with the **Flora Gold** mixture, season with salt and roast in a 200°C oven until golden brown, 35 – 40 minutes. Garnish with a sprinkling of fresh baby herb leaves.

## TRY THIS TWIST...

Mix 4 dollops of **Flora Gold** with 15ml (1 tbsp) chopped garlic and 3 sprigs chopped fresh rosemary with the zest of 1 orange. Combine this mixture with the root veggies and bake in a 200°C oven, 35 – 40 minutes.

**Flora**  
Gold  
60% fat spread with buttermilk



FOR MORE RECIPE INSPIRATION, VISIT  
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# HIGH STYLE

TUCKED AWAY IN JOBURG'S LEAFY SUBURB OF NORTHCLIFF LIES THE FRENCH PROVENÇE-STYLE MORRELLS BOUTIQUE ESTATE. ENJOY A PICTURESQUE, INDULGENT HIGH TEA ON THE TERRACE AND RELISH IN THE PEACEFULLY BUCOLIC SETTING AND THE GIFT OF TIME...

By RONÉLLE HART Recipes and styling by ELISHEVA WILLIAMS Photographs by DYLAN SWART

The afternoon sun slants across the still water of a long pool that stretches towards the bottom of a garden. Set in a nearby stone wall, a water feature's burbling flow mingles with birdsong. On a terrace next to the French-shuttered windows of a French drawing room, café tables are set with languid linen napkins, pretty plates and vintage cutlery. Fine lace covers floor-sweeping tablecloths in dappled sunlight. Fragrant, blowsy roses in shades of pink, white and lilac tumble from antique silver jugs next to whimsical porcelain cups and saucers. On each table, dainty silver tongs rest in an antique porcelain bowl filled with perfect cubes of white and brown sugar. A bottle of sparkling wine lies discreetly in a silver cooler.

You sit down at a table. Your personal butler expertly pops and pours a heady glass of bubbly. And, soon, three-tiered, curlicued silver cake stands are carried aloft to the table, displaying delectable morsels of sweet and savoury bites, almost too beautiful to eat. The ceremony is completed with being served tea of your choice, or coffee however you prefer it.

This is not a scene from a romantic

historical novel. This is High Tea at Manor House, a luxurious guest house and part of Morrells Boutique Estate in Northcliff, Johannesburg, created by Bernice Morrell.

Years ago, Bernice lived in a cottage across the road from what was to become Manor House, on the then-derelict site of the first dairy farm in Northcliff. When a portion of the farm came up for sale, she and her husband of French descent bought it. And so started the process of sensitively restoring the old farmstead, originally built in the 1800s by Dutch Settlers. "My heart used to ache seeing buildings so rich in history just decaying. I dreamed of seeing it come alive again with people," Bernice tells. This dream found expression in a romantic Provençal-style farmstead, built using most of the original floor plans and salvageable fittings, creating first a personal home and, later, a high-end venue where people could come together around food and special occasions and celebrations.

The Morrells also acquired the old house across the road, which Bernice converted into a beautifully appointed guest house. This Cape Dutch-style homestead, with its terrace and formal garden, once belonged to Judge Jan Steyn. He was a well-known figure in the fight for a more just society in pre-democratic South Africa, and pioneered the end of corporal punishment. At the time of Nelson Mandela's release

from prison, Judge Steyn was chairing the Independent Development Trust, responsible for many social-upliftment initiatives. Thus, Manor House, as it is now known, adds another layer of rich history to Morrells Estate.

Bernice's love for French style informs all aspects of this gorgeous space. "As Coco Chanel said: 'Luxury must be comfortable, otherwise it is not luxury,'" she reminds me; and, indeed, here, the simple comfort of a cup of tea or, if you prefer, coffee becomes a luxurious indulgence.

At the main venue, bespoke high teas are served in tucked-away spaces. "We accept bookings for two to just over 40 High Tea guests for special celebrations like birthdays, Mother's Day, even baby showers, which we design around the specific occasion." One such whimsical space is a long table under a pergola overgrown with wisteria, surrounded by roses and lavender in view of a young olive grove. Another is in the kitchen of Farmhouse, the other guest house, by a cosy fireside in winter. Outside, chickens scratch around casually in the gravel underfoot and a cat lies curled up in the afternoon sun. It truly feels like a rural, but aristocratic French farmstead.

Generally, though, High Tea is served on the terrace at Manor House. "This is our very popular, standard High Tea, available Thursdays to Sundays," says marketing manager, Monica Marcjanek. Guests choose five





Bernice Morrell



Artichoke, mushroom, leek and goat's cheese quiche

sweet- and five savoury menu items on booking, or accept the chef's selection of the day. "But, we are flexible and try to accommodate special dietary requirements," she adds.

The kitchen team and talented pastry chef, Elisheva Williams, have created a small, but exquisite menu with delectable goodies, which are as delicious to eat as they are beautiful to look at. Their red-velvet cupcake is topped with a generous swirl of creamy icing, a delicately sugared rose petal floating on top. The baby baked cheesecake has a luxurious topping of blueberry compote with a hint of lavender, a crisp biscuit casing contrasting delightfully with the rich filling. Served in a little glass, layers of almond biscotti crumble, granadilla crème pâtissière and freshly chopped gooseberries, pineapple and mint promise a tropical burst of flavour. The savoury offerings are equally satisfying. Tender skewered teriyaki-marinated cubes of beef are rich with umami flavours. In the mini quiches, milder flavours of egg custard, artichoke, mushroom, goat's cheese and leek meld together beautifully. Bite-sized tomato and basil tartlets bring a zing of summer to your taste buds. Mini potato röstis are stacked high with juicy slices of rare orange-roast duck breast, topped with a whirl of prosciutto and crisped, caramelised grapefruit peel. The entire menu offers delicious flavour experiences such as these, and reflects current culinary trends.

High Tea guests are, perhaps unsurprisingly, predominantly female. Think mothers, daughters, sisters

and friends sitting around beautifully set tables. Think dreamy eats with tea or coffee. Think the happy hum of voices sharing stories. Think moments becoming part of personal histories. Think High Tea at Morrells.

**Morrells Boutique Estate**, corner Weltevreden Road and Scott Street, Joburg. Call 011-476-9495 or visit [morrells.co.za](http://morrells.co.za) for bookings, and for their many other offerings such as five-star accommodation, an à la carte bistro, wedding packages, gift shop, and musical and vintage movie evenings.

## Artichoke, mushroom, leek and goat's cheese quiche

*The buttery pastry with the caramelised leeks and goat's cheese are a match made in heaven*

Serves 8 **EASY** 1 hr + 40 mins, to chill

### THE FLAVOUR COMBINATIONS SAVOURY SHORTCRUST PASTRY

**300g cake flour**  
**pinch salt**  
**200g butter, cut into cubes**  
**1 egg, beaten**  
**30ml (2 tbsp) ice-cold water**

### FILLING

**1 bunch asparagus, each spear cut into 3 slices**  
**1 large leek, sliced down the centre and chopped into 1cm slices**  
**100g mushrooms**  
**50g fresh artichoke hearts**

**15ml (1 tbsp) olive oil**  
**15g butter**  
**salt and freshly ground black pepper, to taste**  
**1 x 100g log goat's cheese + extra, to garnish**  
**handful fresh flat-leaf parsley, chopped**

### CUSTARD FILLING

**6 egg yolks**  
**500ml (2 cups) fresh cream**  
**salt and white pepper, to taste**

**rocket, to serve**  
**chargrilled asparagus, to garnish**  
**yellow baby tomatoes, to garnish**

### HOW TO DO IT

**1** For the pastry, sift the flour and salt into a large bowl. Add the butter and, using your fingertips, rub into the flour until you are left with a crumbly mixture. Make a well in the centre and add the beaten egg and water. Mix well then wrap the pastry in cling film and refrigerate, 1 hour.

**2** Roll the pastry to 0,3cm thick. Line either a greased 25cm loose-bottomed tart tin, or three 15cm loose-bottomed tart tins, with the pastry. Refrigerate to





Teriyaki beef kebabs with plum tomato and chilli jam



quiches or 45 minutes for a large quiche. Remove from oven and allow

to cool slightly before garnishing with goat's cheese, rocket, asparagus and yellow tomatoes.

#### COOK'S TIP

I love a deep-dish quiche tin – it feels far more indulgent than a flat quiche. It is worthwhile buying a deep-dish tin and it can also be used for pies.

### Teriyaki beef kebabs with baby plum tomato and chilli jam

*So simple yet so delicious – this is a memorable bite*

Serves 4 **EASY** 1 hr

#### THE FLAVOUR COMBINATIONS TERIYAKI BEEF KEBABS

**12 bamboo skewers**  
**400g fillet, sliced into 2cm – 3cm cubes**  
**oil, to fry**

#### TERIYAKI SAUCE

**125ml (½ cup) soya sauce**  
**60ml (¼ cup) water**  
**30ml (2 tbsp) sweet rice wine**  
**35ml light brown sugar**  
**60ml (¼ cup) white sugar**  
**7,5ml (1½ tsp) garlic, peeled and crushed**  
**7,5ml (1½ tsp) ginger**  
**7,5ml (1½ tsp) cornflour**  
**15ml (1 tbsp) water**

chill, about 40 minutes. Preheat the oven to 170°C.

**3** Remove the pastry from the fridge and prick all over the base with a fork. Line with baking paper, fill with baking beans and blind-bake, 16 minutes. Remove the beans and baking paper, return to the oven and bake until the pastry is golden brown, 10 minutes. Remove from oven but leave the oven on at 155°C.

**4** For the filling, bring a pot of salted water to a boil. Add the sliced asparagus and cook, 5 minutes. Remove from water and place in a bowl of ice-cold water to refresh.

**5** Wash your leek slices, mushrooms and artichokes in cold, salty water and drain on paper towel. Add the olive oil and butter to a frying pan over medium-low heat and gently fry the leeks, mushrooms and artichokes until soft. Add the asparagus and mix through. Season to taste.

**6** Place a layer of the leek mixture over the base of your quiche/s. Crumble over half of the goat's cheese and sprinkle with a little parsley. Repeat the layers.

**7** For the custard, whisk the egg yolks with the cream and season well. Pour over the quiche filling, lay a piece of baking paper underneath your quiche and bake, 20 – 25 minutes for individual

#### BABY PLUM TOMATO AND CHILLI JAM

**500g baby plum tomatoes, cut into small cubes**  
**500g sugar**  
**30ml (2 tbsp) lemon juice**  
**1 red chilli**

#### HOW TO DO IT

**1** For the beef kebabs, soak the skewers in cold water for 10 minutes. Thread three cubes of beef onto each kebab stick.

**2** For the teriyaki sauce, combine all of the ingredients – except the cornflour and water – in a saucepan over medium heat and cook until the sugar dissolves.

**3** Mix the cornflour with the water and add to the teriyaki sauce. Simmer until thickened.

**4** For the jam, place the tomatoes, sugar, lemon juice and chilli in a frying pan over medium heat and cook, uncovered, until the mixture is of a jam consistency, 20 minutes.

**5** Preheat the oven to 180°C. Heat a little oil in a frying pan over high heat and brown the meat, 2 minutes. Place the kebabs on an oven tray, baste with the teriyaki sauce and cook in the oven, 5 minutes. Remove from oven and arrange on a platter. Serve with a side of baby plum tomato and chilli jam.

#### COOK'S TIPS

This recipe can be made with a piece of aged rump instead of fillet. You can use yellow tomatoes instead of red or a mixture of both to give your jam a





## TIME FOR TEA

beautiful colour. You can brown your meat with sesame oil if you prefer to give the flavour a slight twist.

### Potato rösti with watercress, orange-glazed duck and candied-grapefruit peel

*These röstis look gorgeous and colourful. I love the flavours of the duck with the watercress and grapefruit peel. They make me happy*

Serves 8 **A LITTLE EFFORT** 45 mins + 25 mins or overnight, to marinate

#### THE FLAVOUR COMBINATIONS

##### ORANGE-GLAZED DUCK

zest and juice of 1 orange

80ml (⅓ cup) olive oil

2,5ml (½ tsp) black pepper

zest of 1 lemon

3 sprigs fresh thyme

1 clove

3 duck breasts, skin on

250ml (1 cup) freshly squeezed orange juice

zest of 1 lime

60ml (¼ cup) sugar

1 bay leaf

1 star anise

olive oil, to fry

2,5ml (½ tsp) Maldon Sea Salt

#### CANDIED GRAPEFRUIT PEEL

peel of 3 grapefruits

200g sugar

250ml (1 cup) water

juice of 1 lemon

castor sugar, to sprinkle

#### POTATO RÖSTIS

2 large potatoes, peeled and grated

pinch salt and freshly ground black

pepper, to taste

2 sprigs fresh thyme, leaves picked

and roughly chopped

60g butter, melted

oil, to fry

watercress, to garnish

crimson microherbs, to garnish

#### HOW TO DO IT

**1** For the duck marinade, place the orange zest and juice, 80ml (⅓ cup) olive oil, black pepper, lemon zest, 3 sprigs of

fresh thyme and clove in a bowl.

**2** Score the skin of the duck breasts – this will allow all of the flavours to sink in. Place the duck breasts in the marinade, skin-side down, cover and refrigerate, at least 25 minutes or preferably overnight.

**3** For the candied grapefruit peel, bring a small pot of water to a boil. Place the grapefruit peel in the boiled water and, after 3 minutes, remove and refresh in cold water. Repeat this step three times – this helps to draw out the bitterness from the peel. Preheat the oven to 140°C.

**4** Place the 200g sugar, water and lemon juice in a frying pan and bring to a boil. Add the blanched peel and cook in this mixture until thick, syrupy and glossy. Remove the peel from the pan and lay spaced out on silicone paper. Sprinkle the peel with castor sugar and dry it out slightly in the oven, 15 minutes. The peel will have a frosty finish and crunchy texture.

**5** Returning to the duck, place a medium saucepan on the stove, add the 250ml (1 cup) orange juice, lemon zest, 60ml (¼ cup) sugar, bay leaf and star anise and bring to a boil. Reduce the heat to a simmer and allow the glaze to reduce by half, about 20 minutes. Preheat the oven to 180°C.

Potato rösti with watercress, orange-glazed duck and candied grapefruit peel

45  
MINS





Belgian chocolate pistachio tart



**6** Heat a little olive oil in a frying pan over medium heat. Season the duck breasts with the salt and seal until you have a beautiful colour on both sides. Remove from pan and place on an oven tray. Glaze the duck with the orange sauce and cook in the oven, 7 minutes. Remove from oven and allow to cool before slicing.

**7** For the röstis, squeeze out all of the liquid from your potatoes and place them in a bowl. Add the seasoning, 2 sprigs fresh thyme and melted butter and mix together thoroughly. Shape the mixture into röstis.

**8** Heat a little oil in a frying pan over medium heat. One by one, add the potato cakes to the pan and fry until

brown and crisp on both sides. Drain on paper towel and repeat with the remaining patties.

**9** To assemble, warm your röstis in the oven. Top with watercress then lay some sliced, glazed duck on top. Finish with the peel and garnish with crimson microherbs to serve.

#### COOK'S TIP

If orange-flavoured duck is not your ideal flavour, you can do a black-cherry glaze – I promise this will blow you away! Take a tin of black cherries in syrup, drain them and blend them. Use this instead of the orange juice in the recipe.

## Belgian chocolate pistachio tart

*The creaminess of this chocolate tart is divine against the crunch of the roasted pistachios and the softness of the nougat. Oh, wow!*

Serves 4 **A LITTLE EFFORT** 1 hr 15 mins

#### THE FLAVOUR COMBINATIONS SWEET SHORTCRUST PASTRY

**150g cake flour**  
**60ml (¼ cup) icing sugar**  
**100g butter, cut into small cubes**  
**1 egg, beaten**  
**15ml (1 tbsp) water**

#### CHOCOLATE AND PISTACHIO FILLING

**175ml fresh cream**  
**100ml milk**  
**250g Belgian milk chocolate with 37% cocoa butter, finely chopped**  
**1 egg**  
**1 egg yolk**  
**100g pistachio nuts, shelled**

**icing sugar, to dust**  
**nougat, to garnish**

#### HOW TO DO IT

**1** For the pastry, sift the flour and icing sugar into a bowl. Add the butter and, using your fingertips, rub together until the mixture resembles breadcrumbs.

Make a well in the centre of the flour and add the beaten egg and water. Work the wet ingredients into the flour mixture. Wrap the pastry in cling film and refrigerate, 30 minutes.

**2** Roll the pastry to 0,3cm thick. Line either a greased 25cm loose-bottomed tart tin, or four 7cm loose-bottomed tart tins, with the pastry. Refrigerate to chill, about 40 minutes. Preheat the oven to 170°C.

**3** Line the pastry case/s with baking paper, fill with baking beans and blind-bake, 12 minutes. Remove from oven but leave the oven on at 155°C.

**4** For the filling, place the cream and milk in a small saucepan and bring to a boil. Remove from heat and pour over the chopped chocolate. Whisk the cream and chocolate mixture until all of the chocolate has melted. Combine the egg and egg yolk and add to the chocolate mixture, whisking well to combine.

**5** Roast the pistachio nuts in the oven, 10 minutes. Leave the oven on.

**6** Pour the chocolate mixture into the tart case and sprinkle over the pistachio nuts. Bake the tart in the oven, 30 minutes. Remove from oven and allow to cool before dusting with icing sugar and serving with a side of nougat.







## Mille-feuille of almond biscotti crumble, granadilla crème pâtissière and tropical salad

*This dessert is so lovely, it makes me smile. I have a weakness for crème pâtissière and, with crunchy biscotti and a summer fruit salad, this is definitely going to make the list of favourite desserts*

Serves 8 **A LITTLE EFFORT** 2 hrs

### THE FLAVOUR COMBINATIONS ALMOND BISCOITI

25g butter  
150g sugar  
1 egg  
50ml milk  
30ml (2 tbsp) canola oil  
2,5ml (½ tsp) vanilla essence  
250g cake flour, sifted  
5ml (1 tsp) baking powder  
150g almonds

### GRANADILLA CRÈME PÂTISSIÈRE

7 egg yolks  
50g castor sugar  
50g cornflour  
625ml (2½ cups) milk  
60g butter  
90g castor sugar  
pulp of 3 granadillas

### TROPICAL SALAD

115g gooseberries  
115g pineapple, chopped into small cubes  
15ml (1 tbsp) fresh mint leaves, finely chopped + extra, to garnish  
5ml (1 tsp) lemon juice

fresh strawberry halves, to garnish

### HOW TO DO IT

- 1 For the biscotti, cream together the 25g butter and 150g sugar until light and fluffy.
- 2 In a bowl, whisk together the egg,

Pastry chef Elisheva Williams



50ml milk, oil and vanilla essence. Slowly add the egg mixture to the butter mixture and beat to combine. Add the cake flour and baking powder to the egg mixture in 2 batches and combine. Lastly, add the almonds. Cover with cling film and refrigerate, 1 hour. Preheat the oven to 180°C.

3 Remove the biscotti dough from the fridge and roll out into long sausages, about 4cm wide. Place on a baking tray lined with baking paper and flatten the biscotti slightly. Place in the oven and bake, 30 minutes. Remove from oven (turn the temperature down to 110°C) and place the biscotti on a wire rack to cool.

4 Once cooled, slice the biscotti, using a bread knife, into 1cm-thick slices. Place on a baking sheet lined with baking paper and return to the oven, 15 minutes. Turn the biscotti over and cook for another 15 minutes. Remove from oven and cool.

5 For the granadilla crème pâtissière, place the 7 egg yolks, 50g castor sugar and cornflour in a bowl. Whisk until thick and pale in colour.

6 Warm the 625ml (2½ cups) milk, 60g butter and 90g castor sugar in a saucepan over medium heat until

### COOK'S TIP

If granadilla is not your ideal flavour, a plain vanilla custard can be used – just leave the granadilla out of the recipe. You can replace the fruit as the seasons change to whatever is available.



the butter melts, 5 minutes. Pour the milk mixture over the egg mixture and return the mixture to the saucepan. Place over low heat and cook to a very thick custard, about 15 minutes. Add the granadilla pulp and cook for a further 5 minutes. Remove from heat and pour into a bowl. Cover with cling film touching the top of the custard mixture so that a skin does not form. Refrigerate to cool, 15 minutes.

7 For the tropical salad, place all of the ingredients in a bowl, squeeze over the lemon juice and refrigerate until needed.

8 To assemble, roughly chop the biscotti and place at the bottom of serving glasses. Place the crème pâtissière in a piping bag and pipe on top of the biscotti. Add a heaped tablespoon of the salad mixture. Repeat this as many times as you like to fill up the glasses, ending with a layer of salad. Garnish the top of each salad with a strawberry half and fresh mint to serve.



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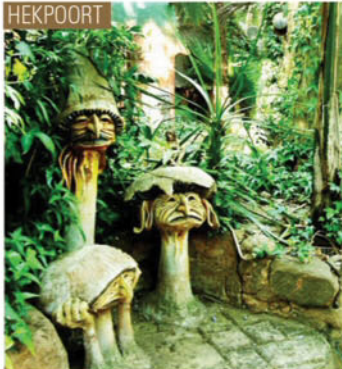
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# RECIPE INDEX

SEPTEMBER 2015: CELEBRATING OUR HERITAGE



## MEAT AND POULTRY

|  |     |
|--|-----|
| Baby marrow 'noodles', ostrich biltong and blue cheese salad with white port dressing..... | 59  |
| Cape Malay lamb curry croquettes with spiced apple chutney.....                            | 80  |
| CBC beer-braised pork belly with soet wortels and salsa verde.....                         | 101 |
| ClemenGold pork with Thai-style salad.....   | 27  |
| Fresh asparagus with biltong, black garlic and olive butter.....                           | 59  |
| Guava BBQ-marinated chicken salad.....   | 45  |
| Mediterranean leg of lamb.....   | 70  |
| Potato rösti with watercress, orange-glazed duck and candied-grapefruit peel.....          | 120 |
| Roast chicken with lemon and herbs.....  | 70  |
| Roasted lamb neck with potatoes and vegetables.....  | 92  |
| Shaved biltong and pea open ravioli.....   | 60  |
| South African impala potjie.....   | 92  |
| Spanish guava, chorizo and goat's cheese empanadas.....                                    | 45  |
| Teriyaki beef kebabs with baby plum tomato and chilli jam.....                             | 119 |

## FISH AND SEAFOOD

|  |    |
|--|----|
| Alchemist's infusion.....  | 54 |
| ClemenGold-glazed scallops with fennel and grapefruit salad.....                       | 25 |
| Deconstructed avo ritz.....  | 80 |
| Fresh tuna, strawberry, cucumber and onion seed skewers.....                           | 41 |
| Garden of Eden.....  | 53 |
| Pan-grilled angelfish with shaved biltong and radish-caper butter.....                 | 60 |
| Smoked fish pie with Malay mayonnaise.....   | 99 |
| Smoked snoek pâté with sesame mosbolletjies French toast and black cherry compote..... | 82 |
| Sustainably farmed kabeljou with guava achar, spring salad and ciabatta toasts.....    | 9  |

## VEGETARIAN

|   |     |
|---|-----|
| Artichoke, mushroom, leek and goat's cheese quiche..... | 118 |
|---|-----|

|   |     |
|---|-----|
| Basics Food Passion's toasted piadinis.....                                       | 18  |
| Braai flatbreads with hummus and spring greens.....                               | 76  |
| Braai spiced aubergine and tofu skewers.....                                      | 76  |
| Coleslaw.....   | 95  |
| Driftwood on the brook's bank.....  | 54  |
| Fungi on the forest floor.....  | 51  |
| Ipapa or uphuthu (maize meal).....  | 95  |
| Marinated red onion, granadilla and Parmesan salad.....                           | 68  |
| Oven-roasted aubergines with Greek yoghurt and pomegranate.....                   | 68  |
| Sautéed gnocchi and cauliflower with Parmesan sauce and Parmesan breadcrumbs..... | 101 |
| Sautéed spinach (ispinashi or morogo).....  | 95  |
| Slow-roasted beetroot and butternut with caramelised pumpkin seeds.....           | 71  |
| Strawberries with a baby herb, spiced walnut and blue cheese salad.....           | 42  |
| Sunflower spring.....   | 52  |
| White bean and baby marrow burgers with cashew mayo and sprout salad.....         | 75  |

## DESSERTS AND BAKING

|   |     |
|---|-----|
| African dombolo (steamed carrot bread).....                       | 95  |
| Amarula malva pudding with Rooibos custard.....                   | 82  |
| Baked guava crumble.....  | 72  |
| Belgian chocolate pistachio tart.....                             | 121 |
| Berry and pecan crumble.....                                      | 78  |
| Biltong, salted almond and honey nougat with dried olives.....    | 62  |
| Biltong-dipped poached pears with crème fraîche and capers.....   | 62  |
| Braai bananas with toasted coconut and coconut-caramel sauce..... | 77  |
| Chocolate truffles.....   | 114 |
| ClemenGold and almond frangipane tart.....                        | 28  |
| ClemenGold Madeira cake.....                                      | 29  |
| Guava-rippled meringues topped with pistachios.....               | 48  |
| Hawaiian guava and condensed-milk ice cream.....                  | 47  |
| Le Manoir 'café crème'.....                                       | 112 |

|   |     |
|---|-----|
| Lemon tart with vanilla crumble, meringues and candied lemon peel....                         | 102 |
| Milk-tart ice cream with Marie biscuit crumble.....   | 84  |
| Mille-feuille of almond biscotti crumble, granadilla crème pâtissière and tropical salad..... | 122 |
| Oreo & strawberry white-chocolate tart.....   | 43  |
| Pampoentert with salted-caramel nuts and cinnamon Chantilly cream.....                        | 103 |
| Quick chocolate tempering.....  | 111 |
| Raspberry and chocolate tart.....   | 110 |
| Stacked Peppermint Crisp tarts.....   | 83  |

## OTHER

|   |    |
|---|----|
| Eight-minute strawberry jam with orange and black pepper..... | 34 |
| Guavas preserved in a Brazilian-spiced sugar syrup.....       | 46 |

## DRINKS

|                                   |    |
|-----------------------------------|----|
| Citrus and rosemary iced tea..... | 12 |
|-----------------------------------|----|

## STOCKISTS

|                                 |                           |
|---------------------------------|---------------------------|
| In Good Company.....            | 011-447-1628/071 217 1240 |
| Junkie Charity Store.....       | 011-024-5284              |
| Le Creuset.....                 | 0861 773 321              |
| Mobelli Outdoor Furniture... .. | 011-467-6272              |
| Oddzbin.....                    | 084 035 2522              |
| Plush Bazaar.....               | 021-447-6495              |
| SPAR.....                       | 0860 313 141              |

## ALTITUDE BAKING

**All baking recipes in this magazine have been tested at high altitude. Follow this guide for baking at sea level:**

Lower the oven temperature by 10°C

For every 5ml (1 tsp) baking powder, increase by 1 – 2ml

For every 220g (1 cup) granulated sugar, increase by 15 – 30ml

For every 250ml (1 cup) liquid, decrease by 30 – 45ml

For every 120g (1 cup) flour, decrease by 15ml (1 tbsp)

## TRIVIA ANSWERS FROM PAGE 128

1 A plant, specially grafted by hand, that produces both potatoes and tomatoes 2 Pickle/gherkin 3 Roasted and ground acorns 4 M&Ms 5 Veal kidneys 6 Biltong 7 Cashew nuts 8 Blue 9 25,18m² 10 Forty-eight years 11 Sukiyaki 12 Whisky and heather honey 13 Alan D. Wolfelt 14 Papaya, pineapple and kiwi 15 Strawberry



# LIVING THE LEGACY

SLICE OF LIFE

JD PRETORIUS HAS BEEN MAKING WINE AT STEENBERG SINCE 2009. CALM AND CONFIDENT, HE WON THE DINERS CLUB YOUNG WINEMAKER OF THE YEAR 2014 AWARD AT THE AGE OF 29 AND IS ONE TO WATCH IN THE INDUSTRY

**Winemaking is a challenging career with lots of hard work and long hours,** but it is incredibly rewarding. Nothing happens quickly and you need patience – from the farming of the grapes through to the winemaking and ageing process. But, if you can wait long enough, it's a great feeling to share your wines with people who enjoy them. You can also experience the world of wine through travel and enjoy different cuisines and cultures that you might not have come across otherwise.

**I studied winemaking at the University of Stellenbosch,** graduating in 2007. In 2008, I worked for Graham Beck Wines in Franschhoek and, in June that year, I headed over to the States for a harvest season at Stonestreet Winery in Sonoma, California. I returned to South Africa in January 2009 to start at Steenberg as winemaker and was promoted to cellar master in 2012. Winning the Diners

Club Young Winemaker of the Year is a great honour; it has been one of my aspirations since I finished my studies. It was the last year that I could enter the competition and ends the first chapter in my winemaking career on a high note. Hopefully, it's a springboard to the start of the next one.

**Becoming winemaker of an established and revered winery at such a young age can be daunting.**

You have to constantly evolve in both winemaking and wine marketing, otherwise you get left behind. We try to be innovative and spot gaps in the market, and we have a young team at Steenberg – there is a great energy in the office.

**Steenberg is the oldest farm in South Africa.** We play a lot on our heritage and especially on Catharina Ras, the founder of Steenberg. She was the first woman in South Africa to receive a land grant and she had five husbands, all of whom died in strange and mysterious ways! One of our restaurants, Catharina's, is

named after her. The other restaurant is called Bistro Sixteen82, also playing on the year that Steenberg was founded. Our flagship red wine is named after Catharina too. Our flagship MCC is the 1682 Pinot Noir, which has been in production since 2006.

**I come from a family that is passionate about food and wine.** My parents are keen cooks, especially my mother. We would spend Sundays and holidays discussing menus and what we would pair with the food. My mother is also a rose fundi and taught me the various fragrances when I was a child.

**I go home as often as I can. I love the Free State:** the wide open spaces versus the mountains of the Cape... the sunflowers and cornfields are beautiful. The people are also different. It definitely has a small-town community feel that you don't always find in Cape Town.

**When it comes to celebrating Heritage Day,** I'll be enjoying a braai and a great glass of wine with family and friends.

Steenberg Estate, Steenberg Road, Tokai, Cape Town; 021-713-2222; [steenbergfarm.com](http://steenbergfarm.com)



WIN!

One lucky *F&HE* reader can win three bottles of Steenberg's 1682 Pinot Noir MCC, valued at R540. Email your name, ID number, postal address and contact details to [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za) with 'Steenberg' in the subject line by 15 September to stand a chance to win. The tasting notes of Steenberg's 1682 Pinot Noir MCC are aromas of fresh strawberries and cream, raspberries and red apples. The palate is fine and creamy with hints of rose water and candied apples. Lingering bubbles leave you longing for more.





# Trivia

HOW WELL DO YOU  
KNOW YOUR FOOD?

Compiled by KERRY MACFIE

- 1 What is a TomTato®?
- 2 In 1993, the US government spent around \$277 000 (about R3 371 000\*) on the research of which specific vegetable?
- 3 What was used as a temporary substitute for coffee throughout the American Civil War?
- 4 Which candy-coated chocolate was invented in 1941?
- 5 What does the French term 'les rognons de veau' mean?
- 6 Which snack has a 12-month shelf life and does not need to be refrigerated?
- 7 What is the common name for *Anacardium occidentale*?
- 8 Which colour is least common in natural food that we eat?
- 9 How big is the largest coffee-bean mosaic, which was achieved by Saimir Strati at the Rogner Europa Park Hotel in Tirana, Albania, on 12 December 2011?
- 10 How long after the invention of the tin, was the tin opener developed?
- 11 A dish of thinly sliced beef and raw vegetables is often ordered in Japanese restaurants. These ingredients are then stir-fried at the table. What is this dish called?
- 12 Drambuie is a liqueur made from which two ingredients?
- 13 "Food is symbolic of love when words are inadequate." Who said this?
- 14 Which three fruits can naturally tenderise meat, due to them each containing a specific enzyme?
- 15 Madame Tallien, who was an important woman in Emperor Napoleon's court, used to bath in which fruit juice?

FOR ANSWERS, TURN TO PAGE 126.

Clue to question 3



\* Currency conversion correct at time of going to print. Photograph by Dollar Photo Club





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